MEDICINE

THE CURE IS WORSE THAN THE DISEASE

Medicine

The Cure Is Worse than the Disease

The circle with the Cross
These make for the sign that all thou hast heard is fulfilled in Him

Hospitallers Order of the Good News

The Lord He Is God

Trust in Him who Is the Way

Keep thy faith in Him, that All will be and is right!

And make thy life, thy activities in accord with same!

Medicine, The Cure Is Worse than the Disease
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Book Nº

In Gratitude To

This Book is dedicated to the following:

To the God of Abraham: Who Is The God of Humankind, Our One and Only Lord and Saviour The Christ.

This Book is dedicated to all souls who search for Him, our Lord God the Christ. An in particular to those whose writings of old still keep inspiring and education those on Earth. This book is produced and given as a testimony that: "The Lord He is God", and know that the Lord walks with us everyday, even if you do not see Him, He Is with us, He Is with those who ask for Him, for the Lord Is God of Humankind. These are not vain words, but are those words from those who know The Lord, His Ways, His Coming.

The Order dedicates this Book to: to all those who have perished at the hands of ignorant men; To all those Wise Men who understood the difference between what is right and what is wrong; To those wise ones, who are ever present and let not fall civilization. This book is also dedicated to many countless others, whose names do not appear here but they know who they are. To all physicians, whose convictions regarding the soundness of principles set forth in this work, and whose fearless advocacy of Therapy based on these principles have been a constant source of encouragement and inspiration to many, this book is also dedicated.

"The Lord He Is God"

Has in the Oneness of the Living God the Christ Our Lord and Saviours, so it is in the oneness of comprehension and understanding in which those points of truth these authors all conclude and agree upon. And as a result on which they all agree this book is produced and given as a testimony that: "The Lord He Is God", and the Lord walks with us everyday, even if you do not see Him, He is with us, He is with those who ask for Him for the Lord Is God of Humankind. These are not vain words, but are those words from those who know The Lord, His Ways, His Coming. And many others whose names do not appear here but they

know who they are. To all physicians, whose convictions regarding the soundness of principles set forth in this work, and whose fearless advocacy of therapy based on these principles have been a constant source of encouragement and inspiration to many, this book is also dedicated.

Acknowledgements

The collective knowledge generated from academic research summarized in various references has been critical in the creation of this published work, which is best viewed as a comprehensive compilation and collection of published information by many authors throughout the ages, as well as personal and clinical experience in the treatment of self and others. This work was possible only by the guidance and Light of Christ who Is God. A special thanks also to those who work with Him and help all of us. May each individual be able, to find this eternal truth, while on earth.

Credits and References

Although all credits and references where given to the best of our knowledge and information contained in the central archives of the Hospitallers Order of the Good News. If there is any errors or mistakes we kindly ask the reader to allow the knowledge of such items in order to rectify same in future editions of the present Book.

Health and Therapeutic Journals and Books

The present work rests upon the foundations of those civilization luminaries, men and woman of exceptional talent, intuition, and detailed observation. Furthermore it was a privilege to us, for them to have the dedication and time to write and publish their clinical findings. There is then a vast amount of Journals and Books devoted to the Health and Therapeutics. Of these printed records those from 1850 to 1950 in this one hundred year period we specially encounter that the majority of what is to be known concerning disease its origin and its treatment and cure,

where in fact correctly identified. These records, in their collective, contain timeless observations of which many remain permanent truths. These pearls are hidden from plain sight, only the adept or the initiated can identify them and pick one by one, from the surrounding confusion.

Sources

This book is a Record of the clinical findings of many great Health Practitioners, their findings remain the same throughout the centuries. All share the same conclusion. The Truth is in plain site. Apart from the Archives of the Hospitallers Order of the Good News Library, we are also very grateful to all libraries, who have kept books for the last 200 years, those of which by their keeping allowed the information on those books to survive, and be upon their withdrawn from their keeping available to purchase by the Order, and kept in its Archives and Library.

The Hospitallers Order of the Good News, has therefore obtained many of this rare Books, many of which are not available, nor found in libraries, for this we thank The Lord who Is God, for having placed the same in keeping of the Order.

Errors & Omissions

Although the editor, publisher have made every effort to ensure that the information in this book was correct at press time, the editor, publisher do not assume and hereby disclaim any liability to any party, for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause. Much care was taken to avoid any errors or omissions, if any do exist, please let us know, in order to correct same in any future editions.

Dedication

"To the victims, past and present, rich and poor, of Adulterated Food, Patent Medicines, Compulsory Vaccination, Abuse of Surgery, booze-guzzling, industrial diseases, autocracy of dress, false modesty, sex ignorance, and conventional hypocrisy; to those, who never had a real opportunity to learn the truth, being kept in ignorance through the vicarious and popular channels of misinformation.

To those, whose nerves, muscles, bones, marrow, and blood have been converted into dollars and cents under, the iron heel of commercial greed, in the name of health, science, and benevolence; to those, whose inner and better selves remain crushed and stifled as a result of monotonous, loveless lives, tyrannical and fanatic parents, and uninspiring surroundings in general; to the patient "sons of toil," who constantly undermine their health and risk their lives, making it possible for us to appreciate art, music, literature, culture, and invention that the genius of human brain has brought forth, yet have for themselves little in return, save fatigue, malnutrition, soul-starvation, anxiety, fear, filth and premature death.

To all these victims of our seething, restless, debauching, artificial, and health-wrecking era, impudently labelled "civilized". I affectionately and hopefully dedicate this book." - Dr Simon Louis Katzoff, MD, in "Timely Truths on Human Health", 1921.

"The present work is written for the double purpose of correcting error, and imparting truth. Its purpose is not to attack men, nor systems, but simply to state facts by which their pretensions may be judged. " - Dr. Frederick Hollick, MD in "Neuropathy, or The true principles of the art of healing the sick" 1847.

To all the Clinicians that have taken their time to record the information here given. And To Him, To Whom Health is Wealth, This Book is Dedicated.

Disclaimer

"The content of this Book is based on research conducted by the Members of the Hospitallers Order of the Good News, unless otherwise noted. The information is presented for educational purposes only and is not intended to diagnose or prescribe for any so-called "medical" or "psychological" "condition", nor to prevent, treat, mitigate or cure such "conditions".

The information contained herein is not intended to replace a one-on-one relationship with a qualified healthcare professional. This information is not intended as "medical" advice, but rather a sharing of knowledge and information based on research and experience.

The Hospitallers Order of the Good News encourages the reader to make your own health Care decisions based on your judgment and research in partnership with a qualified Health Care Professional. These statements have not been evaluated by the Food and Drug Administration, in the USA. The information on this Book is not intended to diagnose, treat, cure or prevent any disease."

As sad it may be, that one is forced to place such a disclaimer, just serves to illustrate the state where the present civilization is at the moment.

A civilization founded on lies has no future, a civilization based on false or fake pretences has no future, a civilization that follows political correctness is fake by proxy. To sustain the present civilization is to sustain a lie. Thus the solution is to establish a new civilization, this if Humankind will ever have a chance to develop on Earth.

In that the End of Times and the Beginning of a New Era, 2021

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Introduction

"As therapists, our concern should be more with the prevention of physiobiologic wreckage than with the end results of improper nutrition and improvident living.

We should realize that public health is no longer a matter of Federal, State and Municipal appropriations of huge sums of money for therapeutic facilities available to everyone.

Health can be purchased in a well organized food culture: it cannot be purchased as a commodity in Hospitals, Clinics or Custodial Institutions.

In the last analysis Physicians, Hospitals and other Medical service institutions are in the business of treating sickness.

Until we overcome our distorted therapeutic habituations and cease to think of health in terms of remedial measures for sick people, our health programs shall be farcical."

Dr N. Philip Norman, MD
"The American Journal of Digestive Diseases"
Vol.16, No. 2, 1949

Chapter I

What is Medicine

"All men ought to be acquainted with the medical art. I believe that knowledge of medicine is the sister and companion of wisdom".
- Hippocrates

"In early times skill in healing was esteemed a part of wisdom. I believe the practice of medicine should be agreeable to reason". - Celsus

"Not only a reformation in medicine is necessary, but a revolution". "Oh, that men would stoop to learn, or at least cease to destroy". - Stokes's Practice

"I am here insensibly led to make an apology for the instability of the theories and practice of physic. And those physicians generally become the most eminent who nave the soonest emancipated themselves from the tyranny of the schools of physic. Our want of success is occasioned by the following causes: 1st, our ignorance of the disease; 2nd, our ignorance of a suitable remedy; 3rd, want of efficacy in the remedy". - in "Golden Opinions", American Practice Abridged.

"The greatest discoveries of surgery are anesthesia, asepsis, and roentgenology - and none was discovered by a surgeon." - Martin Henry Fischer
"It is really despair, giving to see the obstinate & interested ignorance of the newspapers, about St.

Thomas. One says "Of course the brains of a Hospitals must be the Medical Staff." Of course it must be a Dr. who writes, Of course, if the Hospitals cook were writing, it would be, "the brains of a Hospital must be the head-cook." Or if a Nurse, "the Matron." The real truth being that the brains are just in the collision of all these authorities, Medical, Administrative, Nursing Governing. But I should like to know what great Sanitary improvement Medical men would have made, by themselves? And the two worst Hospitals I know in the world, Edinburgh & Vienna, are exclusively managed by these "brains," the Medical Staff. Yours ever Florence Nightingale" - Letter from Florence Nightingale to Sir Edwin Chadwick, 5th June 1863

"Medicine has become the most visible symbol of the fulfillment of the great Enlightenment Project where scientific progress would vanquish the twin perils of ignorance and disease to the benefit of all. And yet the more powerful and prestigious it has become, the greater the impetus to extend its influence further, resulting in the progressive 'medicalisation' of people's lives to no good purpose, this takes many forms from the over investigation and over treatment of minor symptoms to the inappropriate use of life-sustaining technologies, anxiety mongering about trivial (or non existent) threats to health and people's everyday lives, and the propagation of unreasonable expectations about what the current state of medical research can reasonably be expected to achieve." - Dr James Le Fanu, MD in "The Rise and Fall of Modern Medicine"

"I firmly believe if the whole materia medica as now used could be sunk to the bottom of the sea, it would be all the better for mankind and all the worse for the fishes". - Oliver Wendell Holmes

The Medical Trade, and its Monopoly on Health

When there is a monopoly in any given area, thoughts and methods became stagnated. The purpose of the Medical sect has become one of profiteering, from the perpetuation of disease and the management of disease, maintaining individuals dependent on prescription drugs for life.

Unjust Medical Legislation

Arguments Against Medical Legislation

"The importance of this legislation is such, its influences so restrictive and oppressive, its effects upon society so brutalizing, its establishment of an inquisitorial medical censorship over the people so complete, its effect upon civilization to debasing, that no fair-minded or liberty-loving citizens can discuss it without evincing the most loath some contempt for its promoters. I hold in my hand what purports to be: "A bill for an act to protect the public health and regulate the practice of medicine in the State of Colorado."

And while these self-constituted guardians of the people propose sneaking this vile measure through this body under the false and libelous title of a bill to protect the public health, there is not a sentence in the entire measure, from start to finish, which relates to the public health or the protection thereof. Why is this bill so entitled? What interest have these schemers in keeping the people well? Why this unjustifiable impudence in masquerading as custodians of the people's most sacred rights, except it be to clothe this scoundrelly contrived measure with a dignity to which it is

not entitled, wheedle the members into its support by these false pretenses?

How the mighty have fallen! Protect the public health, indeed. It is nothing of the sort. This measure, when properly named, is:

> *"A fraud upon society; a scheme to clothe three schools of medical doctors with a legalized monopoly; protect men who are notoriously guessers in the administration of poison against the competition of the superior members of all schools of healing; to fine and jail honest men and women for curing disease; to shut out every natural method and curative agent known in this enlightened age and tie the people of Colorado down to the medical fetichism and poisonous hoodoos of the dark ages."*

It restricts investigation within the narrow confines of the drug delusion, and virtually decides that certain medical schools have exhausted all science in the treatment of disease, and that no other can, or may, be developed in this State. It imposes upon the citizen the necessity of employing medical men and methods which may be distasteful to him, or going without medical aid altogether. It recognizes certain theories of cure as perfect and condemns all others as frauds and impostures. It would render Christ and the apostles amenable to the criminal law, or jail the Good Samaritan under the guise of protecting the public health.

This craftily-worded imposition provides that the governor of this State, a man who may know nothing about medicine, shall appoint three medical schools a so-called medical board, on whom the provisions of this act confer more arbitrary powers than can be exercised by the Supreme Court of these United States. What right has the governor to select any doctor or define the size and quality of the pill which I shall take?

We charge that this bill was prepared under the direction of medical doctors, that it was presented here under their supervision, that they have log-rolled and lobbied for it ever

since its introduction, and that 95%, of the population of this State are emphatically opposed to its passage.

This board, when appointed, is clothed with the powers of court, judge and jury.

It may rob a man of his life's work and study by refusing him the right to practice in this State. It may decide which are and which are not reputable colleges, vary its rules so as to conform to the convenience of its pets, determine who may treat disease and who may not, direct what system of treatment or cure may be legally employed by the citizen, and from its arbitrary decision there is no right to appeal.

Is there any other tribunal in the land which is clothed with such unwarranted and arbitrary power?

When once this tribunal is established the governor's hands are tied, for there is no power conferred upon him to remove a member of this board unless the removal is recommended by a certain number of these medical censors, whose powers are so extraordinary that we have nothing so manifestly indecent in the annals of history. Is there any censure too severe to be used in condemning a professional dwarf who would hide behind such a measure as this while forcing the public to patronize a system in which the intelligence of this age has long since lost confidence?

In the McCoy case in Illinois and the O'Leary case in the State of California such laws were held to be in flagrant violation of the rights of the people. The fundamental law of our land guarantees to the citizen the right of life, liberty and the pursuit of happiness. Will it be conceded that a man has any chance for his life when turned over bound and handcuffed, to the tender mercies of this monopolistic combine?

What style of liberty is that which denies to the people a free choice in selecting one to administer to their family in the hour of sickness?

Another objection to this bill is, that it is made more of a crime to cure a person than to kill him. And it contains absolutely no provisions for punishment for malpractice, mistakes or criminal negligence, which, however, being confined to their own schools, they have no thought of

punishing. I have supposed that since the days of Christ the labourer was worthy of his hire, and I deny the power of any body of men, either legislative or other, to make my contracts, define the limit of my employment or regulate the price of my services. I find you out in the mountains by the roadside with a broken leg. There is no medical aid at hand.

You have lain there for days and are famished for food and water. You beseech me to remain with you, to nurse and care for you. No, this is not a "case of emergency." You have been here several days. You offer to pay me for my services if I will but stay and save your life. I may remain with you for a month, feed and nurse you and help save your life, and under their medicinal contrivance, in contravention of all that is humane, honest and decent, I dare not receive a farthing for my services. This is protection to public health.

The old definition of medicine was:

"A substance supposed to have curative power."
"A physic."
Now, you will find that in addition to that it is
"Operating upon."

And here we have the phenomenal spectacle of these grafters pretending to protect public health, and at the same time they would put people in jail and fine them for doing anything that would prevent sickness. Isn't this pretty small business for our neighbours to be engaged in?

It is apparent that under this bill you could not pare a corn, give a health bath, teach physical culture, give electricity or even advise dieting or breathing without coming under the censorship of these sleek friends of yours who are protecting your health. And so with a dog-in-the-manger policy they say what we are too ignorant to do we will allow no one else to do. So we have two kinds of medicine, poison which medical doctors propose to make us take whether we will or no, and several natural and rational methods of cure which they declare we shall not use because

they are ignorant of such matters. Is medicine such a science that we should bow down before it and stultify ourselves by such laws as these?

Now, a word about the science of medicine. John Mason Good, MD, FFS, says:

> *"The science of medicine is a barbarous jargon."*

The famous English surgeon, Sir Astley Copper, says:

> *"The science of medicine is founded on conjecture and improved by murder."*

Hundreds of like opinions from the best brains of the medical doctors and medical schools confirm the statement that diagnosis is simply guess work and the practice of medicine a fraud upon the people. Let me read you a few stanzas from the science of the seventeenth century. This was pure allopathy then. Those were the days when the medical hyenas of Europe were persecuting Mesmer, Greatrakes, Gasner and other grand men, and hounding them from their homes and countries. I quote from "Praxis Medica," page 451, this remedy for jaundice:

> *"Volatile salts of earthworms, hogs' lice, serpents and toads, or skins of hen's gizzards and their feet. Volatile salts of urine, earth worms and of millipeeds of each one scruple."*

Now, if there was ever a thing on earth that would effectually protect public health this was certainly the dose to do it. Come down a hundred years, which is only like unto a day to such scientific gentlemen, and we find a mixture of calomel, jalap, arsenic, strychnine, ipecac and asafoetida that would nauseate the most unclean thing. Then came the science of bleeding. Far whatever ailed a man from ague to erysipelas, he was bled. This was to give him strength. Then if he didn't die they blistered him. Then he

was starved, then frozen, then purged and sweat, so that if the scientific racket didn't kill him he always wished that it had. Today you may go to any drug store in the land and buy the most nauseating and loathsome stuff which was ever compounded on God's earth, and have it put in a capsule. Now, this is what I call progress. Let us be humane at least. If men must be drenched and drugged with soul-harrowing and stomach-disturbing nastiness, I say do it with moderation, and if necessary by stealth with a greased capsule.

Gentlemen, look back over the medical fads of the last 40 years; gaze upon the monstrous absurdities at which medical men have grasped as drowning men grasp at straws. Bleeding, blistering, starving, freezing, elixir of life, and from the whole conglomeration we are unable to extract a single rational medical idea which would rise above the dignity of a fleeting phantasm. Yes, these gentlemen are manifesting an unwarranted interest in the dear people.

They assume that we need a quinine and mercurial guardian who may, under this impudent class legislation, confine us to this monopoly of the big and little pill, and shut us out from more natural and rational methods of cure which are driving the drug monopoly from the face of the earth.

Now, a word about diagnosis.

Do you know what diagnosis is? Well I will tell you. It consists in four or five medical doctors, whose faces denote condensed death, sitting around a sick man and guessing that they don't know what ails him. After that has been performed they guess at what will cure the first guess. A few years ago a New York journal wanted to get at the inside workings of their insane asylum. Like other institutions of the kind which are under the supervision of doctors, it was charged with harbouring and breeding about every crime known to criminal jurisprudence. Under the corrupt management of that concern it was impossible to get at the bottom facts from the outside.

Nellie Bly (Elizabeth Cochrane Seaman), a brave journalist of “New York World” paper, volunteered to go

insane and get into this den of crime (Women's Lunatic Asylum on Blackwell's Island), where she could write up the facts in full detail (in her book "Ten Days in a Mad-House", which caused sensation and prompted the asylum to implement reforms) This venture might be considered by some to be more or less hazardous, but not so. **This bright woman knew that the average insanity expert couldn't tell insanity from indigestion.** She knew that all that was wanted was a wild rumour about her mental condition to secure the most scientific testimony sworn as to her being insane.

Well, she went insane, in your mind. The great medical insanity experts of that doctor-damned state, the medical wolves who are hounding and deviling the life out of decent people, were called in, examined this woman and pronounced her insane. Think of that. It might have been your wife or my daughter. A sane woman sworn behind the bars of a maniacs prison by these protectors of our health.

Once inside of the asylum her task was easy. We remember the harrowing details of that terrible story. Rape, inanticide, murder and criminality that would bring the blush of shame to the face of fiends incarnate. And side by side with these hell-begotten crimes were innocent women doomed to these tortures who were as sane as Nellie Bly her self. Nellie's friends afterwards got her out and she subsequently went around the world. This is protection to public health, and regulating the practice of medicine by confining it to guessers and ignoramuses. This bill starts out with a "Whereas, the safety of the public is endangered by incompetent physicians and surgeons."

I wonder when these gentlemen made that discovery. This shows how far they are behind the times. The common people have been on to that for years. Who is responsible for a condition that has so filled this state with incompetent medical men? Why our medical board which has existed in Colorado for the last 18 years, dividing its time between prosecuting irregulars and admitting diplomaed incompetents. If this bill is intended to elevate the standard of the profession and shut out incompetents, why is it that

under this measure all the incompetents who have heretofore been admitted to practice here are allowed to continue to practice without any examination or restriction?

Irregular healers are asking for no protection. They don't need any so long as their competition comes up from the depths of the drug delusion. Let us have an admission from a legislative body now and then that the people have a little sense. If we can select our potatoes and our pumpkins without a Latin prescription, why may we not select our cures and those who administer them?

Why, it won't be long till we have to pay these grafters a dollar for a Latin prescription before we can go to a restaurant and get a fifteen-cent lunch. There is no exaggeration about this statement; look at your dictionary again Medicine is there defined as "anything which prevents sickness." We will most certainly become sick if we don't eat.

Therefore, advising one to eat is prescribing medicine.

The skin being one of the great emunctories, people who do not properly bathe may become sick. Bathing has been regarded by all nations as conductive to health. Then, to advise one to bathe, eat, drink, sleep, exercise, or think, is practicing medicine under this scurvy measure which this bombastic profession is trying to sneak through here as a protection to your health. Does a diploma, granted or sold, by one of the scores of wrangling colleges in this country confer aptitudes, tendencies or natural abilities upon men whom nature has designed for cooks or clowns?

Perhaps herein lies the reason why, as these men charge, "That the safety of the public is endangered by incompetent physicians and surgeons in this state."

If you want to restrict the spread of disease, compel these death- dealers to quit vaccinating their poison into healthy people. Compel doctors to teach men how to keep well by correct living. (And there's the rub, they don't know it themselves.) Prohibit their making drunkards by giving pregnant women liquors and beer. And I think we would do well to prevent quacks from running medical colleges, where the minds of harmless young men are poisoned with the decayed superstition of the seventeenth century under

the pretence of giving them a medical education, the main object of such colleges being to advertise a few medical lunkheads who can't keep before the public so well in any other manner. It is urged that teachers are licensed by a certificate before they can teach.

Most certainly, and because there is a scientific foundation for such examination. Mathematics is the science of numbers. Grammar is the science of language, and so on.

We don't have to guess whether 2 times 4 are 8, or 18, nor whether a noun is a verb, an adjective or a conjunction. But tell me, where is the man who can foretell the action or the influence of a certain drug upon a certain number of people? I say the man never lived who could do so. And right here, gentlemen, stands the cold and indelible fact which forever precludes the possibility of the practice of drugs ever becoming a science. From the tiniest micro-organism to the mammoth, nature has never created 2 organisms alike.

Neither the physical, the mental, the physiognomy, the cranial, the neurological nor the physiological structure of any 2 creatures were ever the same in any species, type or breed. The stout athlete may still be a sensitive who is most susceptible to either psychic influence or positive drugs.

On the other hand, the frail form which seemingly hovers between life and death may have a positive nature which would largely negative the influence of the most poisonous medicines. And where to draw the line I maintain that no human being has ever yet discovered.

Can the doctor give you any drug that will enter the realm of mind where the great battles of life are fought, and where the most cruel and indelible injuries are inflicted? Has he any remedy for inherited tendencies, or a drug panacea for fear, anger, hatred, remorse or jealousy?

No, and this is why our asylums are filled with the insane, who in 7 cases out of 10 might have been saved by magnetism and hypnotic suggestion. If mind is such a potent factor in making or destroying the organism; if, as has been shown, it has the power to reverse the natural action of the rankest poison, which carries with it the evidential value of a therapeutic remedy, where, oh where is

the boasted efficacy of any formula in materia medica?

But just as we are entering the ever widening field of psychic phenomena, just as psychical research has demonstrated the subliminal or double conscientiousness in man, here in the bright dawn of telepathic and telekinetic phenomena, just as we are entering the bound less realms of hypnotism and mental therapeutics, we are asked to close the doors to scientific progress and chain our investigations in experimental psychology down to a pill-box till these three medical antedeluvians catch up with the procession.

As well might you try to hurl yon snow-clad peaks beyond the immensity of space, or melt the banded infinities of this universe into a molten mass of ignorance, for I tell you that the people want no more of this legislative restriction." - Zach Shed, in "Physical Culture", Vol. 23, 1910.

The Medical Understanding of Disease is Nil

The term medicine has a very satisfying sound, and has long served as a cloak of ignorance. Thus medicine has become a concoction of absurd notions, and invented words with the intent to confuse the seeker of Health.

Thus medical literature reflects this sort of absurdity.

Prevention of the Diseases that are Common, Amongst the People

"**To understand how disease should be prevented it was necessary to know what are the diseases which are common among the people.** On inquiry it was found that, except in a small percentage of cases, this knowledge was nowhere to be obtained. The great majority of the sick suffered from complaints, and showed signs of ill health, but the disease was unknown. In a few cases the disease could be recognized, because medical knowledge had advanced so far as to detect certain signs and symptoms which

experience had shown to be due to definite causes.

Seeing that the diseases we wished to prevent were for the most part unrecognizable, it would be futile to attempt to prevent them, so that it was manifest an undertaking must start with preliminary inquiry into the nature of the diseases.

Definition of Disease

If we take a simple disease like conjunctivitis, where the cause can be ascertained, we find that the diseased state consists of a foreign body which injuriously affects the tissues, causing certain reactions or symptoms, as pain, lacrymation, redness, blepharospasm. This brief review of our present knowledge of disease shows that the chief aim of medical science-the prevention of disease-can never be achieved till we are able to recognize the diseases.

It is reasonable to conclude that if we had a better understanding of the mechanism by which less obtrusive symptoms are produced we would get nearer to the detection of the agent producing them. If our enterprise were but to seek for new symptoms, it would be in vain, for the addition of new symptoms would but add to the-confusion of a subject already far too chaotic.

The Classification of Symptoms

When a person falls ill nearly every organ of the body may be disturbed, and each specialist has no difficulty in detecting symptoms belonging to his particular branch.

In consequence of this we find that confusion of diagnoses which results when a patient consults a number of specialists." - Sir James Mackenzie, MD, FRS in "The British Medical Journal", 29 January 1921.

The Perplexing Problems of the Medical Trade

"There is probably no field in the whole subject of medicine about which we have so little absolute knowledge

as that of the neurology of the gastro-intestinal tract. Nor is there any field of investigation to which more time and effort have been devoted in the endeavour to clear up the many perplexing problems which it presents.

The complicated nervous mechanism involved, the very complexity of the structures themselves, with their apparent autonomous activity, makes the approach to the subject bewildering in the extreme. Yet derangement of digestive function in one form or another is probably one of the most common of all diseases. **Our therapeutic efforts, whether medical or surgical, are largely symptomatic; even when they are distinctly rational they are often unsatisfactory.**

Drugs that may have a special effect on a given nerve are administered; but we now know that these nerves may act in an entirely different way under such different circumstances as varying degrees of stimulus, etc. Consequently, the effect of the drug may not be at all the one sought.

Surgical procedures are adopted to meet various contingencies; as a result the normal relations of the different parts are completely changed, and the patient is left to adjust his digestive apparatus to an entirely new physiologic process. Such a condition has persisted, undoubtedly because of the fact that the stomach and intestine have remarkable powers of adaptation, and although far from normal function is obtained, the human organism can maintain itself in a certain amount of comfort in spite of these rather unsound procedures. Indeed, many individuals are cured of disease by permanent gastro-enterostomy, an operation which from a physiologic standpoint could hardly be less rational.

There is no reason why we should accept this situation, or regard the problems of the alimentary tract as impossible of solution." - Dr Walter Hughson, MD in "Reflex Spasm of the Pylorus and its Relation to Diseases of the Digestive Organs", Archives of Surgery, Vol.11, July 1925.

Medical Treatment

The so-called "treatments" by the Medical Trade, in their

absurd application become a hindrance to the human body.

Thus by its application, it takes longer for the body to recover from any condition, has it becomes in itself a further burden to the body system. Not only the body needs to overcome what ever condition is facing, but by the administering of unwarranted (not needed), toxic products in the form of so-called “Medicines”, which are poisonous to the body system.

Intellectually Bankrupt

“People, particularly medical men, are obsessed by fear of disease. They live in unthinking dread of disease as some sort of inevitable reality, which must be “prevented” or “cured”.

Contemporary medical practice is inspired by, inculcates, and couldn't exist without fear. But, mostly, we cause our disease ourselves, if we didn't, there wouldn't be much disease.

There's little to fear, for those who live healthily. And if we wish to be rid of disease, the one imperative need is: Stop Causing Disease.

It is strangely (because spiritually) paradoxical that, with good health, happiness, safety and prosperity among his most eagerly sought objectives, man should have devised means to these ends which are increasingly materialising their opposites.

Doctors are for ever toiling to fight, treat, “cure” or prevent disease. But that isn't their job. The more people “fight disease”, the more and the worse the disease - and the bigger the hospitals...

Prejudice Squints when it Looks, and Lies when it Speaks

Practically the entire system of modern Medicine, so-called science is founded upon a misconception that mistakes: an Effect for the Cause, and the Symptom for the Disease.

Searching, outside ourselves, for the cause, and "cure", of troubles arising within, there were discovered, sometimes associated with certain phases of the disease process, minute living organisms or "disease germs."

It was concluded, not unnaturally but totally erroneously, that these were the cause.

More enlightened reasoning discloses, however, that "disease germs", when present at all as a relevant factor, which is comparatively seldom, are merely an accompaniment, usually an effect, and Never the primary cause of the disease process.

Medical men invariably look in sick bodies for the cause of disease.

That is one reason why they never find the real cause: for the primary cause of disease is Never in the body, that's where effects appear.

The Cause will almost always be found: In The Mind or the Manner of Life or both.

That is where the cause must be sought and correctives applied.

Medical Education: **Is throwing dust in people's eyes to keep them in ignorance.**" - Dr Ulric Williams, MD, in "Hospital's and Hooey or Health?", 1941.

The Pharmacologic Medicines are Poison to the Body System itself creates havoc at the same time in several parts of the persons body.

These so-called Medicines, or Medications that Medical Trade Doctors prescribes to treat one problem, create and damage several other organs in the body along the way.

> *"You, and I know we cannot face the truths as we are now armed, and must change, or fall or hang by the neck until we are dead and buried by the side of our condemned system that kills more than it cures." - in "Autobiography of A. T. Still", 1897.*

We Bleed, We Purge, We Narcotise

"We Bleed, We Purge, We Narcotise, like our predecessors, it is true, but being better acquainted with the history of disease than they were, we know better when to bleed, when to purge, when to narcotise, than they did." - in "Lancet", 1844.

"The Lancet's rhetoric was not a mirror held up to the profession. It did not state an objective reality. The preferred reader for both "The Lancet" and the "Provincial Medical and Surgical Journal" was the general practitioner, the largest but least powerful group within the profession.

During this period general practitioners perceived themselves as the victims of poor market circumstances.

They competed against a vast army of irregulars. Their appointment to official positions was controlled by lay authorities like the Poor Law Guardians, to whom they remained beholden. In short, they were prevented from attaining the respect that they thought they were due.

Their practice was predicated upon action, not least because the main means of attaining an income was through the frequent prescription of medicine as well as physical interventions like bleeding.

Any attempt to undermine the rationale behind their therapy or their practice not only represented a direct attack upon their income, but also a full-frontal assault upon the behaviour that most clearly identified them as general practitioners.

Hydropathy threatened both. Many of the orthodox practitioners who defended the water cure were able to deploy a different, less active approach to therapeutics.

They placed more emphasis upon harnessing the vis medicatrix-body's natural capacity to heal itself - and less upon assaulting disease head on." - James Bradley, in "Plural Medicine, Tradition and Modernity, 1800-2000".

Men May Live Fools, but Fools they Cannot Die

"Few dare lie or disguise in the face of eternity.

An opinion of conscience so delivered, may surely be relied on, and ought to have some weight. To what was this dying declaration tantamount?

Surely this: that he had been blundering on, all his life-time, in the dark, deceiving and being deceived; steering in a trackless ocean without sun, without stars, without compass to guide in plain words-enacting a formal but solemn "hocus pocus" with his patients!

How humiliating to human nature, to the pride of science, and the pomp of colleges, is such a spectacle!

A great High Priest of medical mysteries ending his career with a confession of the jugglery he had all his life been unconsciously practising! When the Oracle exposes his own mummeries, and reveals the hollow deceptions of his shrine, there may soon be expected an end of the craft.

His responses will compel no more faith; his altar attract no more worshippers. No more telling confession to the same effect could be adduced than that placed as a motto of the title page of this work, the words of one of the most experienced, clever, and accomplished physicians who ever lived. To the same purport the illustrious Boerhaave, dying, testified. So also many other eminent names; but the time would fail us to refer to them. We give the coup de grace to these mournful testimonies, by quoting that of the justly celebrated Dr. Gregory, who declares:

> *"That more than 99 parts in a hundred of all that has been written on the theory and practice of Physic, for more than 2,000 years, is absolutely useless, and worthy to be known but as a matter of curiosity, or a miserable warning and example of the worst errors to which we are prone".*

These matter-of-fact statements, are calculated to awaken useful reflections in the reader. We trust we shall not be deemed speaking beyond bounds, when we say, that the preservation of the race of man hitherto has seemed to depend on chance, so precarious have been the foundations of practical Medicine. The whole fabric is based in error, on the uncertain experiments of charlatans, on chance-recoveries, or on knowledge gained by the licensed professors of the Art, after wading to it through seas of blood, and at the sacrifice of innumerable lives. After 2,000 years of medical irrationality, uncertainty, and inefficiency, the world may not only doubt, but feel something of the mortification and indignancy of those who wake up to consciousness and truth, after having been so long the dupes of a fond but fatal delusion.

Surely they may be justified in turning their eyes and fixing their hopes, on a system that promises more, that better accords with the first principles of healing, and which, in point of actual results, amply vindicates the confidence reposed in it. Will it now be considered a matter of marvel, that illicit pretenders to medical mysteries have, in all times, met with a ready ear, and a hearty patronage, from the highest as well as from the lowest classes of the community? Unless, in the hands of a few really discriminating and cautious practitioners, wherein lies the advantage of employing the one party more than the other?

The danger and the safety are pretty equally shared between them. When there is no alternative, what matters it whether we be devoured by Scylla, or drowned in Charybdis?

Scylla: was a monster that lived on one side of a narrow channel of water, opposite her counterpart Charybdis.

Charybdis: was a sea monster, later rationalized as a whirlpool and considered a shipping hazard in the Strait of Messina.

Physic has been defined as: "the art of amusing the patient, while nature cures the disease."

The celebrated physician Dumoulin, being surrounded, in his last moments, by several of the most distinguished medical men of Paris, who spoke in strong terms of the loss the public would sustain by his death: "Gentlemen", said he, suddenly, "I leave behind me, 3 Great Physicians".

On their pressing him to name them, he briefly added: "Water, Exercise, and Diet".

> *"My veneration for my profession, is not excessive, and many things in the theory and practice of it, I consider as pure objects of ridicule, contempt, and reproach." - Dr. Gregory*

Has it been without justice, then, that wits and shrewd observers, in every age, have derided the professors of physic - albeit a learned Faculty, and Honourable Men.

> *"When one compares the good performed on the earth by half a dozen true sons of Aesculapius since the rise of the Art, with the evil done among men by the countless number of doctors of this trade, one will doubtless think, that it were much better if there never had been a physician in the World". - Herman Boerhaave Regarded as the founder of clinical teaching and of the modern academic hospital and the father of physiology.*

> *"We have not only multiplied diseases, but have made them more fatal". - Benjamin Rush, one of the Founding Father of the United States and physician.*

"In the actual condition of medical science, the physician mostly plays the part of simple spectator of the sad episodes which his profession furnishes him." - Majendie

In the face of these confessions of the highest medical authorities, the professional oracles of their day, it will not be, for one moment, pretended or maintained that the liberal Art of Healing has kept pace with the advance of the sciences on which it should be based. It cannot, indeed, support any pretensions to the rank of a science. Physicians neither know the modus operandi of medicines; nor are they agreed about their doses; nor have they established philosophic canons and principles to regulate their use.

We must confess that the Practice of Medicine, even in the most skilful hands, is all a matter of guess - a game of chance! With too biting truth in the satire, has D'Alembert said of our conjectural art:

"Nature is fighting with a disease; a blind man armed with a club - that is, a physician - comes to settle the difference. He first tries to make peace; when he cannot accomplish this, he lifts his club and strikes at random: if he strikes the disease, he kills the disease; if he strikes nature, he kills nature".

- Dr John Balbirnie, MD in "The Grounds of Non-Confidence in Drug Medication", Hydropathic aphorisms the simple treatment of disease contrasted with medicinal abuses, or, The why and wherefore of the water cure, 1859.

"Also, as in most respiratory fevers, whenever the illness runs out its regular course (which it inevitably must, being unresponsive to any known medication), the doctor on hand at the time (No 1, or No, 2, or No 3) receives undue credit for nature's cure, and the prescription being swallowed at the time of this

spontaneous recovery is similarly glorified." - Evelyn Barkins in "Are these our Doctors", 1952.

Who's the Father of Medicine

Who's the Father of Medicine?, could you please stand up! What the medical trade is doing to the meaning of the word medicine, and to the word itself is utterly disgusting, the absurdity and concoction of its practices are an insult to it. The medical trade is clearly fatherless, as they cannot in trustfulness claim that Hippocrates of Cos is the founder of what they claim to practice, nor that Sir William Osler is the founder of Modern Medicine.

"25% of adults have 2 or more Chronic Health Conditions." - Wang in "Lancet", 2016.

"50% of adults have at least 1 Chronic Health Condition." - Ward in "Prev. Chronic Dis.", 2014.

"Chronic Diseases account for 86% of all healthcare costs (USD $3.2 trillion in 2015 and growing)." - Gerteis in "Agency for Healthcare Research and Quality", 2014 Centers for Medicare and Medicaid Services", NHE Fact Sheet.

The Epidemiology of Multimorbidity

A study was published in England entitled: "The Epidemiology of Multimorbidity in Primary Care a Retrospective Cohort Study", 2018. This serves to illustrate the absurdity of the thinking process of the Medical Profession. In a sense, a quarter of the population has two or more long-term health conditions. And the so-called

"Medical Profession" have not yet figure it out, that the population is suffering from "Alimentary Intoxication", what they propose is to have more time to be able to treat 2 Chronic conditions instead of 1.

The questions then arises if the Medical Trade is incapable (unfit for purpose) to treat 1 Chronic Disease; How does the Medical Trade intend to treat 2 or more Chronic Diseases. The study used a random sample of 403,985 adult patients.

Multi-morbidity was defined as having 2 or more, of 36 long-term conditions recorded in patients Medical Records, and associations, between multi-morbidity and health service utilisation (GP consultations, prescriptions, and hospitalisations) over 4 years.

In total, 27.2% of individuals involved in the study had multi-morbidity.

The most prevalent conditions were:

Hypertension (18.2%),
Depression or Anxiety (10.3%),
Chronic Pain (10.1%)

Physical–mental co-morbidity constituted a much greater proportion of overall morbidity in both younger patients (18–44 years) and those patients with a lower socio-economic status. Multi-morbidity was strongly associated with health service utilisation.

Patients with multi-morbidity accounted for 52.9% of Medical consultations, 78.7% of prescriptions, and 56.1% of hospital admissions.

The 36 Most Common Health Conditions (UK 2018)

1. Alcohol problems
2. Anorexia or bulimia
3. Asthma
4. Atrial fibrillation
5. Blindness and low vision

6. Bronchiectasis
7. New diagnosis of cancer in past five years
8. Chronic kidney disease
9. Chronic liver disease and viral hepatitis
10. Chronic obstructive pulmonary disease
11. Constipation
12. Coronary heart disease
13. Dementia
14. Depression or anxiety
15. Diabetes
16. Diverticular disease of intestine
17. Epilepsy
18. Heart failure
19. Hearing loss
20. Hypertension
21. Inflammatory bowel disease
22. Irritable bowel syndrome
23. Learning disability
24. Migraines
25. Multiple sclerosis
26. Other psychoactive substance misuse
27. Painful condition
28. Parkinson's disease
29. Peripheral vascular disease
30. Prostate disorders
31. Psoriasis or eczema
32. Rheumatoid arthritis, other inflammatory disorders
33. Schizophrenia, psychosis or bipolar disorder
34. Chronic sinusitis
35. Stroke and transient ischaemic attack
36. Thyroid disorders

"It may be that we need to think about a drastic restructuring of services: no longer will people be seen in 'single disease' services but in new multimorbidity clinics designed for the future" – Dr Duncan Edwards, NIHR Doctoral Research Fellow, Primary Care Unit, 2018.

"If you go to the American Diabetic Associations website, or you go to the Mayo Clinic, or you go to any of these, you know diabetic authorities they reinforce the idea that once you have diabetes, you are going to be diabetic the rest of your life, and you need to take Medications the rest of your life, and diet isn't the primary treatment, even though they give some talk to diet they still give the idea you have to be on Medications the rest of your life, and go to doctor visits, and be care for your eyes checked, and your feet checked, have your blood test vessels checked, and have all these drugs, and keep going for check-ups, and have a doctor for your eyes and another for your kidney, it gets you dependent under the Medical Profession" - Dr. Joel Fuhrman MD in "iThrive! Rising from the Depths of Diabetes and Obesity", Docuseries, 2017.

Medical View

Disease Is Only About Biochemical Deficiencies

"Medicine has come to believe that all disease is a result of biochemical deficiencies in the body. This includes both physical disease and mental disease. The body is lacking in something, so Medical Doctors will prescribe a pill to suppress a normal body function.

If you are diagnosed with diabetes under this belief system it is because your pancreas is not producing enough insulin. Depression is thought to be a lack of serotonin in the brain. Heart disease is thought to be caused by a deficiency in "good cholesterol" in your blood.

As you might imagine, only measurable biochemical material is considered when determining disease. If it cannot be seen and measured then it does not exist." - Jon Burras, in "There are No Incurable Diseases", 2013.

Chapter II

Medicine Versus Health

"The aim of medicine is to prevent disease and prolong life, the ideal of medicine is to eliminate the need of a physician." - Dr. William J. Mayo, MD, in "National Education Association, Proceedings and Addresses", 1928.

"As health is the most precious of all things, and is the foundation of all happiness, the science of protecting life and health is the noblest of all, and most worthy the attention of all mankind". - Hoffman

Definition of Health and Medicine

According to the "British Medical Association A-Z Family Medical Encyclopedia"

Health

"At its simplest, a term that is used to describe the absence of physical and mental disease.

A wider concept promoted by the World Health Organization is that all people should have the opportunity to fulfil their genetic potential. This includes their ability to develop without the impediments of poor nutrition, environmental contamination, or infectious diseases."

Medicine

"The study of human diseases and their causes, frequency, treatment, and prevention." - in "British Medical Association A-Z Family Medical Encyclopedia".

This "official" book comes with the following statement: "The naming of any product, treatment, or organization in this book does not imply endorsement by the BMA", 2004.

"The doctor's first duty is to deal with health, rather than with disease." - Sir William Arbuthnot Lane, in "New Health for Every Man"

The Difference Between Health and Medicine

Definition of Health and Medicine
As laid down by the Hospitallers Order of the Good News

The Hospitallers Order of the Good News issues its definition of Health and that of Medicine, this in its most Truthful, Honest and accepted description of same.

Health
The word health comes from the old English "hælan" meaning "to heal". In the study of Health the practitioner directs its attention to Causes. Health is the state in which an individual is in harmony of Body Physically and Mentally.

Medicine
The word medicine comes from the Latin "medicina" meaning "a remedy". In the study of Medicine the so-called doctors of medicine study Disease, they say, that they direct their attention to symptoms. And are experts it the "art" of Symptom Managements.

Dr Andrew Taylor Still, MD, DO had the following to say about the study of disease: "To find health should be the object of the doctor. Anyone can find disease." - in "Philosophy of Osteopathy", 1899.

"The term "medical" means pertaining to medicine or the practice of medicine. Anything used in a remedial way carries the idea of curing, healing, correcting, or affording relief, and this doctoring is all done without any clear understanding of cause." - Dr. John H. Tilden, MD in "Toxaemia Explained", 1926.

Chapter III

Medical Art

“Better to hunt in fields for health unbought, Than fee the doctor for a nauseous draught. The wise for cure on exercise depend; God never made his work for man to mend.” - Dryden

"God heals and the Doctor takes the fee."
- Benjamin Franklin

"The efficient physician is the man who successfully amuses his patient while nature effects a cure." - Voltaire

“Silly, simple, John Bull! why will you pin your faith to fallible or fallacious authority, when you may get the truth so easily by a little personal examination?” - Dr. Dickson, MD
“They think from the eye, and are not able to think from the understanding. Thought from the eye closes the understanding, but thought from understanding opens the eye.” - Emanuel Swedenborg

“A fool or a physician at forty,” is an adage containing more truth than is commonly believed. He who has not by that time learned to observe the causes of self-disorder, shows few signs of wisdom; and he who has carefully noted down the things which create disorder in himself, must possess much knowledge, which a physician at a pop visit ought not to pretend to.”-

William Horsell in "Hydropathy for the people", 1855.

"The whole nation is groaning under the present practice of the medical profession, which fosters disease more than cures it, and debases or ruins our constitutions". — Dr James Morison, MD

"Medicus Naturae Minister, non magister est, et cum Natura, quae optima morborum medicatrix, operari et agere debet" - Regel Friedrich Hoffmann' s

"Year by year, unwilling witnesses of an appalling sacrifice, as fruitless as it is astounding, we physicians sit at the bedside of thousands upon thousands, chiefly of youths and maids, whose lives are offered up on the altars of Ignorance and Neglect." - Sir William Osler, MD.

"We (medical doctors) have not succeeded in increasing the duration of our (man's) existence. A man of 45 has no more chance of dying at the age of 80 now than in the last century. "This failure of hygiene and medicine is a strange fact. In spite of the progress achieved in the heating, ventilation, and lighting of houses, of dietary hygiene, bath-rooms, and sports, of periodical medical examinations, and increasing number of medical specialists, not even one day has been added to the span of human life." - Dr Alexis Carrel, MD, in "Man, The Unknown," 1935.

"We use the analogy of two large aeroplanes a day going down, is it 500 is it 1,000 people, we don't known. But it is allot of people, so my first question is why is this story

not in the front page of the papers every single day?" - Senator Bernie Sanders, in "Senate Health Subc. on Primary Health".

"The presently accepted traditional or orthodox medicine has taken on all the characteristics of a religion, and any threat to its status quo is unfortunately treated as heresy. Our present course will bankrupt our country without having the desired results of good, effective medicine." - Dr James P. Frackelton, MD, Past President, The American College for Advancement in Medicine, in "Why I left Ortodox Medicine", 1994.

"Combating symptoms makes no progress towards a cure." - Dr Charles Turner Cooke, Surgeon, in "Affections of the Liver, Internal Organs, and Nervous System", 1828.

Death Rate Drops During Doctor Strike

"The 10 June 2000 issue of the British Medical journal reports on an interesting statistic that has occurred in Israel. It seems that three months ago physicians in public hospitals implementeda program of sanctions in response to a labor dispute over a contract proposal by the government. The article stated that the Israel Medical Association began an action in March to protest against the treasurys proposed imposition of a new four year wage contract for doctors. Since then, the medical doctors have cancelled hundreds of thousands of visits to outpatient clinics and have postponed tens of thousands of elective operations. To find out whether the industrial action was affecting deaths in the country, the Jerusalem Post interviewed non-profit burial societies, which perform funerals for the vast majority of Israelis. Hananya Shahor, director of Jerusalems Kehilat

Yerushalayim burial society said, "The number of funerals we have performed has fallen drastically."

Meir Adler, manager of the Shamgar Funeral Parlour, which buries most other residents of Jerusalem, declared:

> *"There definitely is a connection between the doctors sanctions and fewer deaths. We saw the same thing in 1983 when the Israel Medical Association applied sanctions for 4 and a half months."*

- in: nowyouknow.net/NEWSdeath_rate_drops_during_doctor_s.htm

When Doctors Strike, Fewer Patients Die

"A 2008 analysis led by Solveig Cunningham of Emory University attempted to bring together existing research on physician strikes to see whether patterns existed on patient impact. Five strikes: lasting from 9 days to 5 weeks in places as varied as Los Angeles, Jerusalem (twice), Spain, and Croatia, yielded sufficient data to study. Researchers found that mortality in all cases either stayed the same or substantially declined when physicians walked out. In the case of the first Israeli strike of 1973, patient deaths dropped by 50%." - Ryan Hoskins in "Boston Globe", 2016.

Attempt to Relieving Pain Without Dealing with the Cause

Medicine tends to be palliative rather than curative, in other words the Doctors of Medicine, attempt to relieving pain without dealing with the cause of the conditions.

The public must understand that Medicine is a Trade not a Charity. Medicine Is a business, and if you run a business, and you run out of clients then that is not a good business. Medicine, business model is to maintain people with disease and and manage that disease for life. This is what is

happening. When disease affects a person it is not the fault of the Practitioner, this for sure, but once you get diseased Medicine Practitioners seem to be clueless to cure the disease, they tackle the symptoms or pain and the disease continues running in the background, progressing from acute to a chronic stage.

Medicine the Destructive Art of Healing

"Lord Byron says:

"I got well by the blessings of barley-water and refusing to see my physician."

In another place Lord Byron calls medicine:

"The destructive art of healing."

Frank says:

"Governments should at once either banish medical men and their art, or they should take proper means that the lives of people may be safer than at present, when they look far less after the practice of this dangerous profession and the murders committed in it, than after the lowest trades."

Prof. Gregory, of Edinburgh, author of "Theory and Practice of Physic" states:

"Gentlemen, 99 out of every 100 medical facts are medical lies; and medical doctrines are, for the most part, stark, staring nonsense."

Dr. Ring, another of your learned men, who has written some valuable works, suddenly retired from his professional practice. Speaking once of medicine, he observed:

"I am tired of guessing; it's all lies and deceit."

A few days afterwards the man died, which makes the fourth act; but I still want one more act, and that was a long bill that stretched to an enormous length, which I was to take to the house in question, with my master's most, respectful compliments. The bill was immediately paid, with their most respectful compliments and their many thanks to Dr. E — for all his kind attention to deceased.

And so ends the farce; and I felt sick of the profession. I have heard my master say that he would rather be whipped than be called to see a young child that could not talk, for they could not tell what ailed it. I have known a man consult three separate doctors on his case, and received three distinct prescriptions. The Emperor Adrian had it put upon his sepulchre that he perished by the multitude of his physicians." - Albert Isaiah Coffin, MD in "Medical botany a course of lectures delivered at Sussex Hall", 1850.

"The doctoring habit makes slaves of the people. With the slightest discomfort, off goes the person to seek a cure. Why? Because of fear; without a saviour (doctor), he must die. What does he get? Palliation, or treatment for effects. The cause not being known, treatment must be directed to effects. - Dr John Tilden, MD

The Medical Art

"The medical art is rather an evil than a benefit, and it would fare as well, if not better, with patients if they were left alone. The medical art is at present in a very unsatisfactory state. It is relied upon blindly by a few; is distrusted by many; and by some even treated with utter contempt. The professors are at variance, both in their

teaching and their practice; and with no prospect of ever coming to an agreement.

The regular, or orthodox, practice, is daily losing ground, and being superseded by numerous other systems, all professing to have superior claims to our attention. The old practitioners, on the contrary, wrapt up in a mantle of what they call dignity, keep them selves aloof from the "common herd," and strive to keep up the mystery and exclusiveness that was practised ages ago.

Though sufficient knowledge is not yet disseminated to teach all that is true, in regard to the medical art, there is yet sufficient to expose many errors; and while medical men themselves obstinately refuse to admit those errors, or attempt their removal, the conviction will force itself upon the mind, that the whole system is a deception.

This is essentially an age of innovation, of searching scrutiny into all pretensions, and whatever shrinks from investigation will be regarded with distrust. Some of the most eminent men in the profession now begin to perceive this, and openly agitate a reform. With an honesty and love of truth that does them immortal honour, they openly admit that their art is defective; that the public are abused by it; and that it is rather a curse than a blessing. Their art is altogether uncertain, that it is often injurious, and that "it would fare quite as well, or better, with patients in the actual condition of the medical art, as more generally practised, if all remedies, at least all active remedies, especially drugs, were abandoned.

And yet this language, and even stronger, is used by them, as will be seen by the extracts in the body of the work. The fact is, these men are sufficiently enlightened to see that the truth cannot longer be withheld, and they wisely conclude that it will be better for them to teach it themselves, than to leave the masses to discover it in spite of them. Hitherto, however, these admissions and disclosures have been made only in medical works, such as are read by the profession alone, and have not generally met the public eye. My object is to assist in making them universally known, both in the profession, and out of it; a result which

eventually must inevitably follow from their first announcement, whether it was intended or not.

No important truth can now be exclusively confined to any particular class, let it be but breathed in the slightest whisper, and at once The Press, that mighty tell-tale, re-echoes it in thunder tones to the very confines of civilization.

It is both vain and impolitic to attempt to smother such facts any longer, they must be known, and the sooner the better. The people now begin to see that whatever really appertains to Medical Science, and is of actual use in it, can be understood as easily as other branches of knowledge; and that what cannot be so understood, is generally worthless, it being either learned ignorance, or mere mummery.

If Medical Men themselves will come forward, and honestly admit to the public that their art is sadly defective, but show at the same time that they are striving with unprejudiced minds to improve it, and that they are not afraid of throwing it open to public scrutiny, they will inspire confidence and meet with approbation; but if they try to hide the truth, and shrink from inquiry, distrust will in crease, and eventually contempt and utter abandonment will be their fate. Having little capacity for the reception of truth themselves, they are jealously afraid of others acquiring it; and knowing that their own importance depends solely on the ignorance of others, they strive with all their might to conserve that ignorance.

These men can never forgive any one who tries to enlighten the masses, because they are aware such enlightenment will expose their own littleness; and as they are usually as deficient in moral principle as they are in common sense, no scruple is felt by them at employing the basest and most dishonourable means to put that man down." - Dr. Frederick Hollick, MD in "Neuropathy, or The true principles of the art of healing the sick", 1847.

"The eminent physician Dr. John Gregory, so distinguished for his elegant writings, in "An Essay on the office and duties of a Physician," remarks that "the

affectation of concealing the medical art, retarded its progress, rendered it suspicious, and tended to draw ridicule and disgrace upon its professors." It would surely then better become medical men of the present day, were they to discard at once the mystery and concealment which they affect in the practice of their art, and give to the public the results of their experience in plain and simple language, and thus put with in the reach of all , the immediate means of attaining and preserving that greatest of all blessings, "good health?" - Dr Edward Jukes, Surgeon in "On Indigestion and Costiveness, and the use of Lavaments", 1833.

Origin of the Medical Art

"Health is such a blessing, and disease such an evil, that the existence of the desire to get rid of the latter, and thus to recover the former, must be co extensive with the possession of reason by the organism that suffers. Strongly to desire is equivalent to the origination of action to gratify the feeling. Hence the origin of the medical art, which must have been coeval with the origin of man himself; hence the conception and formation of plans for the purpose of relieving pain, and of theories to account for and explain them, springing up in the minds of the first sufferers, and growing in number and variety from that time to the present; hence the constant interference of art with the natural processes of disease in the human body. When, in process of time, medicine came to be established as a distinct profession, such interference necessarily became much more frequent and much greater; until, at length, the result was, that all diseases, occurring in civilized communities were interfered with, as a matter of course.

In the long succession of human generations, almost every thing possible, physical or moral, was, at one time or other tried, with the view of proving its possession or non-possession of remedial powers. The necessary consequence

has been the fixing in the minds of men, not merely of the professors of the medical art, but of mankind in general, these two notions, first, that nature was inadequate to the cure of most diseases, certainly of severe ones, and, secondly, that art was adequate. And these notions have not only come down to us as heirlooms of physic, but have been almost universally received as axioms, without investigation, both by the medical profession and the public.

The result of all this has been, that the members of the medical profession at all times, and more especially in modern times, have been kept in a state of forced ignorance of the natural progress and event of diseases.

In other words, of the true natural history of diseases in the human body; and they have been, and continue to be, almost as ignorant of the actual power of remedies in modifying, controlling, or removing diseases, and from the selfsame cause, viz. (in other words) that as art has almost always been permitted to interfere in the morbid process, it has been impossible to say what part, if any, was attributable to nature, or what part to the remedies employed!" - Dr John Forbes, MD, FRS, Fellow of the Royal College of Physicians, Physician in Ordinary to Her Majesty's Household; Physician Extraordinary to his Royal Highness Prince Albert; Physician in Ordinary to his Royal Highness the Duke of Cambridge; Editor of the Dictionary of Practical Medicine, and of the British and Foreign Medical Review.

The Rise of Medicine

"Dr Alan Immerman, D.C., researched the medical literature from 1879 to 1978. He found that almost no clinically oriented articles about intestinal toxemia were written in the English language after the late 1950s. In fact, few papers that directly address this subject have been published since 1940. The probable reason for the neglect of the topic is the introduction of antibiotics into general use in the 1950s. Back in 1928, the discovery of penicillin was hailed as the crowning achievement of modern medicine.

For the first time in history, the bacterial infections

responsible for thousands of deaths could be finally and totally conquered, it was touted. Penicillin and the antibiotics that followed it were used freely and with abandon. The age-old problems of gonorrhoea and syphilis, exacerbated by World Wars I and II, were thought to have been beaten. No longer was it found necessary to modify the behaviour of soldiers on shore leave when a simple shot in the buttocks was all that was needed to assure their safety.

No one imagined that strains of bacteria resistant to the new "wonder drugs" would develop. Nor was it even remotely suspected that uncontrolled use of these miracle medications would result in compromising of the immune system. The doctors and the populace of the time were so confident in the future of the new medications that most abandoned, and in time forgot, the time-honoured principles of cleanliness, conduct, and conservative care that their medical forbears had fought so hard to institute. The new medications became the be-all and end-all of the modern, post-World War II era. Pharmaceutical companies expanded rapidly in the years following the war, and the burgeoning medico-pharmaceutical complex thought it was on its way to conquering disease through modern chemistry."

Medical Hospitals

Medical "hospitals are jammed with people who have problems that are related to chronic toxic-bowel conditions, and neither the doctors nor patients suspect the true causes of the problems. Consider also the multitude who quietly suffer at home and at work on a daily basis, and those who are physically or psychologically addicted to the various medications and nostrums offered to alleviate their discomfort and otherwise mask their symptoms.

Surgery and medications merely delay or suppress problems, rarely, if ever, reaching the sources of our diseases. This is why it is said that one operation leads to another. Medications are given to alleviate symptoms, and they often mask deeper and more chronic: conditions that go

undetected and uncared for until, often, they are too advanced to be corrected." - Dr. Bernard Jensen's, DC in "Guide to Better Bowel Care", 1999.

Abuse of Rest as a Therapeutic Measure

"Rest, as a therapeutic measure, is fraught with hazard. Prolonged periods of recumbency in bed are anatomically, physiologically and psychologically unsound and unscientific. Conversely, early restoration of medical and surgical" - Dr John H. Powers, MD in "JAMA" 19 Aug. 1944.

"There has developed a tendency to regard prolonged rest in bed and complete abstinence from normal economic activity as the sine qua non of the proper management of the more serious forms of heart disease. My purpose is to review certain experimental and clinical observations which seem to indicate that this concept may be unsound.

Williams and Rainey, in 1938 analyzed the records at the Vanderbilt University Hospital for the immediate causes of death as found at autopsy in the patients with heart diseases during a ten year period. These authors found that relatively few patients were dying of an uncomplicated cardiac failure and that the three great causes of death in patients who were admitted to the hospital with this disorder were infarction of the lungs, pneumonia and uremia.

Their work suggested that at least some of the chief causes of death in such patients represented conditions which tended to develop under a state of complete rest and which might have been to some extent prevented by mild muscular activity.

Disadvantages of prolonged rest in bed in patients with myocardial infarction:

1. Given a tendency toward the development of congestive

heart failure, edema of the lungs will tend to occur more readily in the recumbent position.

2. Rigid restriction of activity reduces flow of blood to a minimum and may tend to favour development of thrombi either in the venous system with subsequent pulmonary infarction or in the arteries and more especially in branches of the coronary system other than the ones originally affected. Hence, both pulmonary infarction and a second myocardial infarction are frequently observed in patients subjected to unusually prolonged and rigid rest." - Dr Tinsley R. Harrison, MD in "JAMA", 19 Aug. 1944

Complete Bed Rest as a Highly Unphysiologic And Definitely Hazardous Form of Therapy

"In most cases the evil effects of complete bed rest are potentiated by anesthesia, narcotics or other medication or by the results of the original illness.

Many disturbances of function, such as massive collapse of the lung, have become evident. Rapid onset of fatal complications most commonly occurs when patients are confined to bed after prolonged anesthesia, and with enough pain to justify continued use of sedatives and narcotics.

The effects of hospital life and of bed rest on the psyche are so obvious and have been so clearly described by Tolstoi and Balzac that most laymen are well aware of this hazard of therapy.

The effects of complete bed rest on metabolism and on the structure and function: Bone atrophy, muscular wasting and vasomotor instability are not infrequent sequelae of bed rest, while constipation, cathartic habituation, backache and many other chronic disabilities may appear during bed rest and persist for years or decades.

The onset of obstructive uropathy or of pulmonary edema on confining elderly patients to bed are phenomena which interns in large city hospitals observe only too often. A discussion of the hazards of bed rest would be incomplete

without emphasizing the tremendous strain put on the heart and circulation by a maneuver which patients in bed frequently perform and against which many are never warned. After myocardial infarction sudden death is far more likely to occur." - Dr. William Dock, MD innovator who questioned medical beliefs, a cardiologist whose views of medical treatment were sometimes at odds with accepted practice, in "JAMA", 19 August 1944.

Nature And Art In The Cure of Disease

To the Editor of The Lancet:

"Sir, Your correspondent, Dr. Collinson, appears to me quite in error when he attacks the principles of medical treatment so ably laid down by Sir John Forbes in his treatise "On Nature and Art in the Cure of Disease."

Dr. Collinson acknowledges the truth of these principles, and then objects to their promulgation. Now, this notion is just what has prevented the progress of truth in all ages, and which, if universally acted on, would have kept us of this generation in all the ignorance and bigotry of former times.

I ask Dr. Collinson, what Art in our profession could do without Nature.

I ask him, again, what Art is when acting against Nature?

His good sense will tell him that we, the professors of this art, can do nothing in the one case, and that we often, alas! do deadly mischief in the other.

Dr. Collinson doubtless knows that as long ago as Celsus, the practice of medicine was pronounced by him to be "des conjecturalis," and the use of ever-changing remedies for all our maladies proves how true the aphorism of Celsus continues. Sir John Forbes deserves well of our profession for his manly and explicit statements in reference to the relative powers of Nature and Art in the cure of all diseases. It is true that physic-taking is wonderfully diminished, and in many chronic cases of disease well-nigh exploded altogether. I will only add my firm conviction that the time

is not far distant when medical men will be estimated, not by their skill in writing good prescriptions, but by a wise and skilful application of principles in reference to diet, exercise, ventilation, and cleanliness, through which the patient will be placed in the best possible position to receive the all-powerful help of the vis medicatrix naturae." - Edward Humpage, MRCS, in "The Lancet", 2 May 1857.

The Chief Provisions of the Hippocratic Oath

"I swear by Apollo, the physician, by Aesculapius, by Hygeia, and Panaceia, and all the gods and goddesses, that I will prescribe such a course of regimen as may be best suited to the condition of my patient. No inducement shall ever lead me to administer poison, nor will I ever be the author of such advice; neither will I contribute to an abortion. I will maintain religiously the purity and integrity both of my conduct and of my art. If during my attendance I happen to see or hear of any circumstances which should not be revealed, I will consider them a profound secret. May I prosper (or the reverse) as I keep this obligation."

Concerning the Title of Doctor

Doctor is an academic title that originates from the Latin word of the same spelling and meaning. The word is originally an agentive noun of the Latin verb docēre 'to teach'. It has been used as an academic title in Europe since the 13th century, when the first doctorates were awarded at the University of Bologna and the University of Paris. Having become established in European universities, this usage spread around the world.

The doctorate (Latin: doceō, lit. 'I teach') appeared in medieval Europe as a license to teach (Latin: licentia docendi) at a medieval university. Its roots can be traced to the early church when the term "doctor" referred to the

Apostles, church fathers and other Christian authorities who taught and interpreted the Bible. The right to grant a licentia docendi was originally reserved to the church which required the applicant to pass a test, take an Oath of allegiance and pay a fee. The Third Council of the Lateran of 1179 guaranteed the access – now largely free of charge – of all able applicants, who were, however, still tested for aptitude by the ecclesiastic scholastic.

This right remained a bone of contention between the church authorities and the slowly emancipating universities, but was granted by the pope to the University of Paris in 1213 where it became a universal license to teach (licentia ubiquie docendi). However, while the licentia continued to hold a higher prestige than the bachelor's degree (Baccalaureus), it was ultimately reduced to an intermediate step to the Magister and doctorate, both of which now became the exclusive qualification for teaching.

The earliest doctoral degrees (theology and law) reflected the historical separation of all university study into these three fields. Over time the D.D. has gradually become less common and studies outside theology and law.

The Medical Profession aims to usurp the title of "Doctor" to be in its exclusivity its own. The medical trade coerces professionals in the health field, not to use the title of Doctor, which means professor, it is a disgrace that the medical trade is allowed to use such a title, as it tarnishes same.

The Philosophy of Medical Cure

"The philosophy of Medical cure consists in creating an unnatural condition of the animal economy, in opposition to the existing one. A morbid condition now exists; another morbid condition is instituted in order to overcome and expel it. And if the medicine succeed in removing it, still Nature must remove the unnatural condition produced by the medicine; and if Nature alone can remove any existing disease by having its cause put away, she will come out better in the end, than she will if two morbid conditions,

instead of one, are thrown in her way.

My own department of the medical profession has been, in many instances, deficient in attention to the laws which belong to health. They study Pathology, or the laws which govern diseased life, but do not, as a general rule, direct sufficient attention to laws which govern healthy life. The Hydropath give much attention to this subject. If a man comes to them for medical aid, they look into the history of the case. They inquire into his habits of eating and drinking; carefully note all his physical errors, and proscribe everything which is in conflict with the laws of health. In this way they put their patients upon the resources of Nature. While their medicines, to say the least of them, are not drugging the patients to death, they are giving the powers of Nature an opportunity to exert their healing forces; and this fact probably forms the principal basis of their success. Nature gets a chance to put forth healing energies, which drugging has sometimes, nay, often, prevented.

When medical men in general shall Study

When medical men in general shall study, out primary and original causes, and proscribe them, as carefully as they now study immediate symptoms and the modus operandi of drugs, they may be able to save many a patient which they now hurry into the grave. When every physician will be as faithful to the true principles on which the profession is nominally based, as was the great surgeon of New Hampshire, Dr. Amos Twitehell, whose memoirs have been published-, and with whom it was my pleasure to be acquainted, much of human life will be saved.

And if we would have Nature seek a cure, we must not only abandon its cause, but abstain from every other violation of her laws, that she may be in the best possible state to war with disease. In all cases of disease from a humour in the circulating fluids, in order to obtain a cure, there must be abstinence from everything that can have any influence in producing it, or keeping it alive. And in every

case of humour of any kind, meats should be set aside, at least until Nature has had time to cleanse the fluids of the system." - Dr Larkin Baker Coles, MD, in "Philosophy of Health: Natural Principles of Health and Cure: Or, Health and Cure Without Drugs", 1851.

The Relationship Between Theory and Therapy

"The relationship between theory and therapy presents one of the more intriguing and persistent inconsistencies in the history of medicine. In theory over the centuries there was consistent emphasis on restraint. In practice there was vigorous intervention—so much so that for a long period treatment was labelled "heroic."

Further, when excesses were abandoned, as in the case of heroic therapy, it was often because of public rather than professional disaffection. The conservative (expectant) approach to treatment was grounded in two of the most famous maxims in medicine: vis medicatrix naturae (the body's natural ability to heal itself) and primum non nocere (first, to do no harm).

The notion that nature heals appears continuously in medical writings beginning with the Hippocratics. The origins of the dichotomy were pointed out by Neuburger, who defined Galenism as "the combination of extensive drug treatment with the theoretical recognition of nature as the curer." At the heart of the inconsistency between stated philosophy and therapeutic practices in individual physicians was the opposing idea that nature's actions did not always tend to heal—indeed, that many natural reactions to disease were destructive and should be combatted by the physician.

Primum non nocere also had Hippocratic origins, and also, over the centuries, was effectively ignored in practice by those who championed it in theory. Even with today's understanding, iatrogenic or physician-induced disease remains a major source of human suffering. Indeed, this

maxim has been attacked recently as a logical impossibility, the argument being that all medical treatments carry an inherent and irreducible element of harm." - Robert P. Hudson, in "Theory and Therapy: Ptosis, Stasis, and Autointoxication", Bulletin of the History of Medicine, Vol. 63, No. 3, 1989.

Medical Freedom

"The time is to come when general medical education will surround my profession so closely that its narrowness and exclusiveness, and its cliques, will give way under the pressure of the public common sense; and no authority will be left but the authority of facts. For competition will be the soul of success in medicine as it is in every other case.

Given any field of nature or experience to be explored, and all the faculties of man, all the chances of birth, all the gifts of God, all the developments of time, all the freedom of society, all absence of fear of man, and fear for position, all good genius and good ambition is wanted for it; each mind must be free, and original and inspired, as if there was nobody else in the world, yet each instructed in his lower walks by the labours of the rest; and all animated by a common faith in the inevitable co-operation of good with good, and the inevitable conscientiousness of knowledge with knowledge, though independence and freedom be the only law and bond for each.

But now we see the reverse of this, and health contracted and eclipsed in the prisons of medical establishment.

To be built up against freedom is to be built up against nature, and gifts of God, which in healing are given first in the heart; to be chartered against your brother man, is a bad preparation for ministering to the sick or to the departing. The root and basis of medicine is the love of healing in the universal heart and mind; the stem of it is the instinctive perception and light which is born to penetrate into health

and disease; the branches, and the twigs, and the leaves of it are the specialities of perceptions from the nature and the spirit of mankind, which become special in the course of experience; the love of healing reigning and animating in every one of them.

More experience in its widest range is the soil the tree grows in, and the climate in which it lives. If it wants pruning, the force of public opinion and public criticism, and the pressure of public safety, are the only instruments that can lop its sacred life; and all these will play an immeasurably greater pant when State patronage has passed away.

The protection of medicine by the State is that artificiality and that injustice.

Where there is a will there is a way. And the great way is natural knowledge; but the will in its purest manifestation is only another name for the determination of our gifts." Dr. Garth Wilkinson, "On the Cure, Arrest, and Isolation of Smallpox,'' 1864.

Chapter IV

Medical Science

"It is infinitely better not to know so much, as to know so much that aint so." - Billings

"If medicine were all science, practice would be very easy. If it were all art, the best work would be easily recognized. Confusion arises from the mixture of the two." - Dr Louis Faugeres Bishop, MD in "New York Medical Journal", June 1911.

"Science detests pretension and illogical, immature conclusions. She loves and honours the truth." - N. Senn, MD, in "JAMA", 24 November 1900.

"The medical profession is unconsciously irritated by lay knowledge." - John Steinbeck, in "East of Eden", Ch. 54.

" 3 conditions of the medical mind are encountered. It is comparatively easy to stimulate interest in one who has poorly developed, but on the whole correct ideas concerning the subject. It is harder, of course, but not hopeless to deal with the physician who has formed erroneous ideas." - Dr Louis Faugeres Bishop, MD, in "JAMA", 15 March 1913.

"Medicine is a great humbug. I know it is called science. Science, indeed! It is nothing like science" - The famous Surgeon Prof. Majendie, quoted by Densmore, p. 209.

“Doctors call medicine “recognized science.” It is recognized ignorance”- Dr. Ernest Schwenninger, Physician to Prince Bismark, quoted by Densmore, p. 207.

"I have employed, the treatment recommended in the books, and used indiscriminately by medical men during the last forty years, and found them altogether useless, not only in my hands, but also in the hands of others, some of whom stand at the head of the science”. - Dr. McNair, in “Medical Suggestions”, p. 168.

“Science discovers how to prevent disease, but the discoveries are not applied, because the profit system controls the world, and the profit system wants the labour of the poor, regardless of what happens to their health. If the people fall ill, they are thrown upon the scrap heap, and the profit system finds others to take their place.” - Upton Sinclair in “The Book of Life”, 1922.

"The science of medicine is a barbarous jargon, and the effect of our medicines on the human system are, in the highest degree, uncertain; except, indeed, that they have already destroyed more lives than war, pestilence and famine combined." - Dr. John Mason Good, MD (1764–1827).

“Medicine is a science of uncertainty and an art of probability.” - Dr William Osler, MD in “Aphorisms”.

"The science of medicine is founded on conjecture, and improved by murder." - Sir Ashley Cooper.

"However vain has been the study, and however futile the results, the indulgence of the vanity and pains of the research have not been unattended with benefit to mankind, inasmuch as they have been the cause of many discoveries of much importance. The errors in medicine have usually originated in the speculative conceits of men of superior capacities. The blunders of the weak are short-lived, but a false theory; with a semblance of nature; struck in the mint of genius, often deceives the learned, and passes current through the world." - Dr Thomas Joseph Pettigrew, FRS, Surgeon to H.R.H. The Duchess of Kent, in "On Superstitions Connected with the History and Practice of Medicine and Surgery", 1844.

"The science of medicine has little that is satisfactory, and nothing that is conclusive, to offer." - Joel Pinney in "The Antidote for the Causes that Abridge the Natural Term of Human Existence", 1847.

"Dr. Benjamin Rush compares the science of medicine to an unroofed temple, cracked at the sides, and rotten at the foundation." - Albert Isaiah Coffin, MD in "Botanic Guide to Health, and the Natural Pathology of Disease", 1866.

"I admit that I once had much firmer convictions as to a theory and also as to treatment than I have now. However, I am still unsatisfied and unconvinced that the most modern treatment is productive of better or equally

salutary results as under a rule of practice which I followed with all its imperfections." - Dr Harry Hakes, MD in "Transactions of the Luzerne County Medical Society", 1887.

"While we have made advances in the care of these patients, our recovery rate has not changed, except for the worse, in the last fifty years." - Dr Henry A. Cotton, MD in "The Relation of Oral Infection to Mental Diseases", Journal of Dental Research, 1919.

"What Can't be Cured, must be Endured." Chronic diseases are often as uncontrollable medically now, as they ever were. Most people are as much at the mercy of the Common Cold today as they were in the Middle Ages. Take High Blood Pressure, Arteriosclerosis, Rheumatic Fever, Chronic Sinusitis, innumerable skin complaints-these are but a few of the many diseases which are fundamentally as unaffected by 20th Century Medicine as the crack in the Liberty Bell." - Evelyn Barkins in "Are these our Doctors", 1952.

"Newspaper editors generally feel that medical science can be relied on. They feel that Federal agencies like USPHS can be relied on and should be above reproach. Many people feel their newspapers give them facts, especially when they quote official sources." - "The American Capsule News", 1955.

"Medicine is the Art of giving a sick person a Poison, in the form of a Pill, and expect the same person to get better, by coping at the same time with both sickness and the poison." - Rui Alexandre Gabirro, Emunctologist.

Science Delusion

Ignis Fatuus

1. A phosphorescent light that hovers over swampy ground at night, possibly caused by spontaneous combustion of gases emitted by rotting organic matter. Also called friar's lantern, jack-o'-lantern, will-o'-the-wisp, wisp.
2. Something that misleads or deludes; an illusion.

"The science delusion is the belief that science already understands the nature of reality in principle, leaving only the details to be filled in. Since the late nineteenth century, science has been conducted under the aspect of a belief system or a world view which is essentially that of materialism. And the sciences are now wholly owned subsidiaries of the materialist world view. In my Book "The Science Delusion", I give the ten dogmas, or assumptions of science.

First, that nature's mechanical or machine-like. The universe is like a machine, animals and plants are like machines, we're like machines. In fact, we are machines. We are lumbering robots, in Richard Dawkins vivid phrase. "With brains that are genetically programmed computers".

Second, matter is unconscious. The whole universe is made up of unconscious matter. There's no consciousness in stars, in galaxies, in planets, in animals, in plants, and there ought not in any of us either, if this theory's true.

Three. The laws of nature are the same now as they were at the time of the big bang and they'll be the same forever.

The fifth dogma is that nature's purposeless. There are no purposes in all nature and the evolutionary process has no purpose or direction.

Seven, memories are stored inside your brain as material traces. Somehow everything you remember is in your brain

in modified nerve endings, phosphorylated proteins, no-one knows how it works. But nevertheless almost everyone in the scientific world believes it must be in the brain.

Eight, your mind is inside your head. All your consciousness is the activity of your brain, nothing more.

Ten, Mechanistic Medicine is the only kind that really works. That's why governments only fund research into Mechanistic Medicine and ignore complementary and alternative therapies. Those can't possibly really work because they're not mechanistic. They may appear to work because people would have got better anyway, or because of the placebo effect. But the only kind that really works is Mechanistic Medicine. I went to see the Head of Metrology at the National Physical Laboratory in Teddington. Metrology is the science in which people measure constants. And I asked him about this, I said: "what do you make of this drop in the speed of light between 1928 and 1945?" And he said "Oh dear", he said "you've uncovered the most embarrassing episode in the history of our science."

So I said "well, could the speed of light have actually dropped? And that would have amazing implications if so."

He said "no, no, of course it couldn't have actually dropped. It's a constant!"

"Oh, well then how do you explain the fact that everyone was finding it going much slower during that period? Is it because they were fudging their results to get what they thought other people should be getting and the whole thing was just produced in the minds of physicists?"

"We don't like to use the word “fudge”." I said "Well, so what do you prefer?" He said "well, we prefer to call it “intellectual phase-locking”." - Rupert Sheldrake, PhD, in “TEDxWhitechapel”, 13 January 2013.

The Growth of Scientific Medicine

“Without proper education and other qualifications you can no more reach true eminence than a pigeon can fly

upwards with but one wing. We must be guided by reason and not by prejudice. When the medical societies are open to any good man who practices medicine as a gentleman and a scholar, when recognition is given an investigation in anatomy or therapeutics the same whether it appears from a regular or homeopathic source, then there would be no need for our state legislators to come in and act as umpires.

This craze for class legislation will saddle upon us an unmitigated curse. It will be as hard to get rid of our established medical schools. Teach the laity from natural premises that medicine is based on different and uncertain principles, and therefore not a science. Demand and exact fair play, prevent bigotry and narrow-mindedness from being inscribed on our civilization, and let reason prevail." - Dr. J. W. Mentzer, of Ephrata, Pa., in Medical Record, "The Medical Summary", Vol.13, 1892.

The Science and Art of Medicine

"Medicine is supposed to be a scientific study and its practice an art. The study of disease requires the aid of science. Consummate art is required to effect a cure when nature is no longer able to help herself. Understand, nature does the curing herself, all the time. Even if nature has to be helped, she does the curing. When nature is beaten down too greatly, there is no chance of getting back. Rogers, in his "Introduction to the Study of Medicine," says:

> *"Medicine is sometimes considered a science, and sometimes an art, The object of medical science is to study disease."*

This is a mistake. Man should be studied in life and health - the influences on the body of food, clothing, bathing, and the daily care of the body. A live man, well understood, is worth more from a health standpoint than thousands of dead men. The aim of medical art is to restore

and maintain health. Hence the great subject of healing-cure-health and disease, must be approached with great reverence from the standpoint of art. I say it must be approached with reverence, because art belongs to the flower of mind. The physician may be scientific, but if he is not artistic, his work will be gross indeed - far more gross than that of the scientific architect; for the latter deals with gross, inanimate matter, while the former not only has to deal with matter, but that matter is potentialized by a subtle element which is not subject to the hard and fast lines of mechanical science, and it causes matter, over which it presides, to disappoint the expectations of the medical scientist.

Tower of Babel and Medicine

The above explanation should be welcomed by all who care anything for truth; for it gives the key to the confusion : Babel, that is seen everywhere on the subject of medicine. This explanation accounts for schools; for theories that are poles apart; for cures that are diametrically opposite. Medicine, so far as aiding people to get well is concerned, is artistic pure and simple. The artist must, however, have a foundation of scientific knowledge; but if he is not artistic, or if his artistic sense is suppressed by gross habits, his work will be gross indeed, and instead of being a healer, he will be a scientific killer." - Dr John Henry Tilden, MD in "Impaired Health, Its Cause and Cure", 1921.

Scientific Medicine

"Scientific medicine" itself is largely a product of the last years of the nineteenth century. (Thus it virtually is by definition that "no scientific evidence" existed against smoking in 1833. In the modern sense, no scientific evidence existed on any medical subject.) Several health or medical "systems" were available to early nineteenth-century Americans, none of which seems to have won the allegiance of a majority of the population. Botanic or herbal medicine

was more popular at this time than at any other in American history and was preferred by many. Self-help or do-it-yourself home remedy and recipe books accounted for much of the medical care, just as they do today, with the important difference that non-physician health reformers were then very active in promoting certain philosophies of home health care." - Lester E. Bush, Jr., in "The Word of Wisdom in Early Nineteenth Century Perspective", 1981.

The Sad and True Story of The Science & State of Medicine

"In an article on French doctors before Moliere, which appears in the Practitioner for February, it is stated that the practice of wholesale bleeding was introduced in the XV century by Leonardo Botalli, who was physician to Charles IX, and Henry III. If a man was ill he was bled to let out the evil humors; if he was well, to prevent their formation. It was an accepted dogma of the medicine of the day that the human body contained 24 pounds of blood, of which 20 pound could be withdrawn without causing death. Botalli being asked whether the removal of so much blood did not weaken people, replied that the more stagnant water was withdrawn from a well the more fresh pure water came up: the more a nurse suckled a child the more milk she had.

Even so, he held, was it in regard to the blood. Strong young men were bled every month, old people from 4 to 6 times a year. Ambroise Pare bled a man of 28 years 27 times in 4 days, and records the fact "to encourage the young surgeon not to be timid in drawing blood in cases of acute inflammation."

Louis XIII, was bled 47 times in one year by his physician Bouvard, and in the reign of Louis XIV, that "sanguinary pedant" Gui Patin, boasts in his correspondence of his exploits with the lancet. He calls bleeding "one of the principal mysteries of our art."

He showed the strength of his faith in the mystery by ordering his wife to be bled 12 times in the course of a pneumonia and his son 20 times during a continued fever.

He bled an infant 3 days old and a child of 7 years 13 times in a fortnight. Patin had himself bled 7 times for a common cold, and he relates like things of other physicians. He records with indignation that a physician, Guy de Labrosse, died without having been bled. Venesection had been suggested, but the dying man preferred to be-unbled. For this Patin treats him as a blasphemer, and worse.

"The Devil," he says, "will bleed him in the other world as he deserves to be, the scoundrel, the atheist!" - in “Medical News”, 18 March 1905.

“We have advanced in bacteriology, pathology, hygiene, and the general study of medicine, but, we are not much better equipped, than our forefathers were in treating a large proportion of cases, especially those of chronic disease. There are several reasons for this. One is the difficulty in ascertaining the exact value of the ordinary therapeutic measures, especially of drugs. So long as we are not in a position to determine the effect of the remedies that we put into the system, and so long as we cannot localize their effects, we are still in the position of our predecessors in that we have to prescribe our medicines very largely upon an empirical basis. The chemist well knows the fact that if he wishes to determine the result of mixing two chemicals, he must know the composition of both.

The composition of living protoplasm is today just about as unfamiliar to us as it was 50 years ago, and it is probably impossible for us to determine the composition of living protoplasm, for the moment the chemist attempts to analyze it the protoplasm is killed. While we know the composition of dead protoplasm we have no idea of the changes that take place in passing from life to death. As the effect of drugs in the main is a chemical reaction upon protoplasm, we are not in a position to determine the effects we are going to produce upon the body, and we have very largely to determine our results and regulate our practice by empirical prescribing. If we are treating a case of sciatica by drugs.

We put something into the stomach that goes throughout

the organism, and no matter what good results we may obtain, we have no idea of the damage that may be done to other cells. In recent years we have placed too much dependence upon laboratory methods, blood examination, analysis of gastric contents, analysis of urine, and so on, to the exclusion of some of the things that our predecessors in medicine knew very well.

We have, in consequence, largely lost the art of careful observation of the things we see, feel, and hear. If a person starts in prejudiced, with the idea of finding certain things that he is looking for, the chances are that his judgment will be so biased that he will find them whether they exist or not." - Dr John P. Arnold, MD, in "N.Y. Medical Journal and Phil. Med. Journal", 13 May 1905.

Pseudo-Science

"Unfortunately the doctors are as easily deceived as are ignorant laymen. Dr. Edwin Bramwell wrote with justified indignation in an article, "A Plea for Accuracy in Therapeutic Deduction," in The Lancet, 7th February 1925:

> *"We clinicians are, in relation to questions of treatment, too often influenced by impressions or by expressions of opinion without analysing the reasons upon which our conclusions are based."*

To quote from one of the last articles written by Sir William Osler:

> *"We owe a debt to the modern manufacturing pharmacist, who has given us pleasant and potent medicines in the place of nauseous and weak mixtures, but even the best are not guiltless of exploiting on the profession the products of a pseudo-science. The length to which organotherapy has extended beyond the legitimate use of certain preparations is a notorious*

illustration of the ease with which theoretical views place us in a false position. Because thyroid extract cures myxoedema and adrenalin has a powerful action, it has been taken almost for granted that the extract of every organ is a specific against the diseases that affect it. This forcing of a scientific position is most harmful, and I have known an investigator hesitate to publish results lest they should be misapplied in practice. The literature on the subject issued by reputable houses indicates, on the one hand, the pseudo-science upon which a business may be built up, and, on the other, the weak-minded state of the profession on whose credulity these firms trade. For years the profession has been exploited in this way until the evil has become unbearable, and we need as active a crusade against pseudo-science in the profession." - J. Ellis Barker in "Chronic Constipation", 1927.

"The public are like children. Even the educated man may be flattered and taken in by pseudoscientific jargon." - Dr Edwin Bramwell, MD in "Edinburgh Medical Journal", 1939.

Medicine can Never be an Exact Science

"Medicine can never be an exact science, since it deals with the vital principle, a principle in itself changeable, self supporting, and self-regulating. Vital force, though a convenient refuge for the idle theorist, is the great perturbative element which renders the results attained by the faithful student of nature approximate rather than precise. The calm test of experiment and the pure logic of analysis in organic chemistry are rendered uncertain, through an imperfect knowledge of its laws.

Chemical processes, which duly carried out under similar circumstances give always the same result in the laboratory, are often wholly and inexplicably changed in the living organism. Pharmaceutical combinations, whose just proportionment and harmonious qualities afford to the prescriber flattering promise of the best effects, may be altered to irritants, and even poisons, by the action of the animal fluids, to which they must be subjected for absorption into the human system. Hence, unlike the practical arts based on the exact sciences, where, as in mechanics, we can rely upon certain definite and unchangeable results from the application of certain positive laws, the art of medicine does not respond unerringly to the discoveries in medical science.

And therefore we find, that, although anatomy and physiology, both natural and morbid, have made such immense progress, yet therapeutics is still far behind them; that the power of healing is much inferior to the capacity of knowing; the treatment, to the diagnosis of the disease." - in "The North American Review", Vol.89 N.184, Jul 1859.

The False Premise

"It must strike everyone that, notwithstanding the enormous amount of work and money that , has been spent on the study of consumption, we are still far from understanding its real cause or cure. It is manifest that there is more in the matter than the presence of the tubercle bacillus. It had long seemed to me there was another factor because, when I reviewed all the cases that occurred in my family practice, I found that every one had suffered from other complaints, years before the outbreak of consumption.

I was at a loss to understand whether this was due to a latent infection or to a predisposing complaint. When Lane put forth the view that the toxins from intestinal stasis lowered the vitality and rendered the individual susceptible to infection, I reconsidered my series of cases of consumption, and found that a considerable number had been under my care for years suffering from gastric ulcer, a

condition which Lane maintains is itself secondary to the intestinal stasis. A simple illustration may help to give a clue to the mystery still surrounding consumption.

A man suffered from a Pustular Eruption in his hands and arms and consulted a bacteriologist, who, examining the pus microscopically, detected an organism.

He cultivated the organism and made a vaccine from it.

This he injected into the man. The treatment was persisted in for 6 months, and there was no improvement.

The man consulted another doctor, who found he was suffering from scabies and promptly cured him.

A false premise can never, by any process of reasoning, lead to truth.

The sepulchre where fallacies lie buried is decorated with garlands woven by the skeleton hands of human mistakes, and the entrance still stands open to receive more evidence of other errors yet to be born and live and die." - Sir James Mackenzie, FRCP cardiologist pioneer in the study of cardiac arrhythmias, in "Oxford Medicine", Vol. I, Part I.

The Classification of Diseases

"Nosologists, such as Sauvages, Linneus, Sagar, Vogel, and Cullen himself, in referring all diseases to some of their principal divisions, and in arranging them into families, as was done by botanists with respect to plants, have formed tables more proper to aid the memory of a batchelor defending his theses, than to show to the practitioner the order in which he must arrange his acquirements, and deduce his curative plans. In their attempts to say all, they have lost themselves in futile and unnecessary details—they have multiplied to excess their classes and species, and the more perfection they could have given to this plan, the nearer they would have approached to the simple individual descriptions. When, as was done by Cullen, they have disregarded symptomatic or disguised diseases, the treatment of which must differ from that required by the malady they imitate, they have left considerable deficiencies in their classifications, and have been forced to regard as

incorrect, a number of valuable observations. The science, therefore, instead of receiving from their labours any degree of improvement, has, on the contrary, retrograded." - Pierre Jean Georges Cabanis in "An Essay on the Certainty of Medicine", 1823.

Unnatural, Distorted and Inconsistent Practice of Healing

"Any practice of Healing the sick that proscribes water, unless to overcome nausea and vomiting temporarily, is dangerous, and should not be countenanced by any lover of health and a sound, sane, and rational healing system. It is hard to conceive of anything more unnatural, distorted, and inconsistent than a professional mind, a mind that has been trained for the exclusive purpose of thinking along the lines of health and disease. The care of the body in health and disease, trained to think of the body from the standpoint of physiology, its digestion and assimilation, of food and its action in health and disease, trained, or supposed to be trained, into knowing under what circumstances life can manifest and what is necessary to maintain that state of life known as health. And to know what takes place when life is interfered with enough to change health to disease. I say it is hard to conceive that after a mind has been trained into knowing all about these things, and an institution licensed by the state declares this assumption to be true, that a mind so trained will interpret a desire for water on the part of a sick baby as hunger, and proceed to give-food, ignoring the language of fever, which, interpreted according to natural law, says: Nutrition is suspended until the offending obstruction is disposed of.

To recapitulate: What is more incongruous than to see a professional man, trained to administer to the sick, treat a disease exactly the reverse of the way it should be treated?

The disease is due to indigestion, fermentation, and decomposition of food in the stomach and bowels. From some cause the body has lost its resistance, and this is the consequence.

Water is all that is needed, and it is needed; the more water given, and the quieter the child is kept, the quicker will be the recovery.

To feed: to give food and then further depress by giving drugs, is just the reverse of the demands of the body and if such treatment is continued death is as inevitable as the sunrise or the motion of the world. The fact that there are more physicians who treat in this way than there are who do not is a psychological peculiarity that is beyond my power of interpretation. There is but one legitimate reason for withholding water, and that has been mentioned several times, namely, a sick stomach, and it would be well if this simple fact could become common knowledge. I have been called to see desperately sick children many times in my professional career, children who were being medicated and fed to death, yet water was being withheld with a fanatical zeal that was made more conspicuous because of its great inconsistency. In consultation practice it has been no uncommon experience to find children very sick, so sick that the family and physician have despaired of recovery, yet in many instances all that I found necessary to do to overcome an almost fatal restlessness was to give the little sufferers water and warm them by applying artificial heat.

The Medical Octopus

The Medicine and Conventional Superstitions: There is no such thing as curing without removing cause. The understanding of what Toxaemia is, will help all who study it, to understand what disease is, and how it is brought on. This knowledge will help the wise, and self-controlled to sidestep disease, and the medical octopus that unwittingly vandalizes the sick. The medical trade is made up of an army of educated men; and I believe the majority are

gentlemen, and are endeavouring to serve humanity. Education and ethics, when established on fallacy and given the prestige of numbers, given an overwhelming majority, can make the fallacy true, so far as the herd is concerned. All I ask of the profession is honestly to put my philosophy to the acid test. Yes, prove, if possible, that I am mistaken. Man makes his own diseases. And he is the one who can bring back health. Man and his subconsciousness can cure.

Doctors of Medicine Cannot Cure

Only very rarely is surgical vandalism a dernier resort, unless bad treatment forces unnecessary emergencies. The body is strong or weak, as the case may be, depending entirely on whether the nerve-energy is strong or weak. And it should be remembered that the functions of the body are carried on well or badly according to the amount of energy generated." - Dr John Henry Tilden, MD in "The Etiology of Cholera Infantum", 1909.

Fallacious Faith on Medicine

"The compounding of chemical formulas are intriguing, and for a good many centuries it was thought that chemistry held the secret of life. For the last two decades, it has proved to be an instrument of death. Tradition and custom chain us to our system of weights and measures in chemistry, when our own experience and judgment prove that all is not well. The old experience of the "blind leading the blind."

When you are ill, your first thought is of the medical doctor, because either it is custom, or you do not know otherwise. You realise inwardly that he fails in so many cases, and nearly in every case you wonder whether you retained your health because of medicine, or in spite of it. But you still cling to the hope that he might strike something that may help, thus you consult him. It is realized to-day that there are other sciences, namely, drugless professions, which are doing far more good and accomplishing everything that medicine hopes to accomplish, and curing

many diseases which medical science has pronounced incurable; that medical science is being made a fool of in the field of healing. I have seen these patients come to a Chiropractic office, white with fear and trembling from head to foot, the fright which had been instilled into them by the medical trade. Forcing themselves to enter where health awaited them. I have seen them burst into hysterical laughter, after their adjustment, after they had seen how simple and easy a way the drugless method was by which to regain their health. They admitted how foolish they had been to be frightened, or to allow themselves to be frightened. However, the medical trade greatest whip is fear.

Let see what Medical Science is Offering

I could supply you with stories where whole families of children have been wiped out through the use of serums, vaccines and toxins. Three little coffins in a row, in one case, to be buried without redress, sacrificed on the altar of medical science has pronounced incurable; that medical science is being made a fool of in the field of healing." - Dr James I. Bardsley, DC in "The Medical Herbalist", Vol. XI, 1937.

Medical Teaching is Incredibly Faulty and Defective

"In the ponderous recognized textbooks every disease is solemnly treated as a separate entity. The causation of every one of the innumerable diseases described is as a rule attributed more or less vaguely to a germ, to an infection, to the faulty working of a gland or organ, or to some other ostensible cause.

In reality most so-called diseases are not diseases at all. They are merely symptoms, and the vast majority of our diseases can be traced back to faulty food, defective excretion, etc...

Not very long ago dropsy (the collection of fluid in a cavity of the body or in its tissues), was solemnly described as a separate "disease."

Then it was discovered that Bright's disease of the kidneys led to dropsy, that dropsy is merely a symptom and consequence of kidney disease. Now Bright's disease is not caused spontaneously. It is not due to "a germ." It also is merely a symptom, for it can be produced in animals, and in men as well, by feeding them on irritating foodstuffs which are dealt with by the kidneys and which in course of time cause their degeneration and their complete breakdown, causing Bright's disease. Medical men, by breaking up the body into the parts composing it and describing separately the functions and diseases of every portion or organ and by rigorously dividing the art of medicine into innumerable water-tight compartments, have destroyed the true science of health preservation and of disease prevention. The body is not a fortuitous collection of organs and structures, each liable to some special disease or diseases, but a single entity. The sufferings of almost any single part, affect the body as a whole. Sir James Mackenzie, FRS, FRCP, a Scottish cardiologist who was a pioneer in the study of cardiac arrhythmias, wisely stated in "The Future of Medicine", 1919:

> *"The effects of disease, on its invasion of the human body, are seldom limited to one structure or organ. There is thus produced a series of phenomena of great variety, the variations depending upon the peculiar reaction of the different organs and tissues affected. Not only is a series of phenomena produced in this way, but the functional disturbance of one organ reacts on the function of all the other organs, so that from a simple cause we may get a bewildering variety of symptoms."*

- J. Ellis Barker in "Chronic Constipation", 1927.

The Laboratoromania of The Medical Trade

"The laboratory men are discovering every year new "diseases" and are splitting up existing diseases into numerous carefully differentiated sub-divisions. Each disease and sub-disease, being considered a separate entity with a separate microbic or other causation, requires, according to them, highly specialized scientific investigation in order to make a correct diagnosis and equally highly specialized, scientific, separate treatment with the most modern drugs, serums and so forth. The result has been that not only the layman, but even the medical practitioner, is utterly confused and bewildered by an ever-increasing over-elaboration and over-specialization. Unfortunately the vast majority of medical men have become enslaved by the laboratory superstition. A veritable laboratoromania has taken hold of the medical profession. The majority of modern doctors are rather laboratory men than healers of the human sick. The most obvious factors in the causation of disease which the old doctors knew so well are disregarded and disdained and are therefore no longer recognized. The plain human knowledge of plain human disease is rapidly disappearing. The old-fashioned doctor could tell with his eyes and nose whether a man was drunk or a woman anaemic. We are now bidden by the ultra-scientific laboratory." - J. Ellis Barker in "Chronic Constipation", 1927.

The Field of Medicine

"In the field of medicine, much time and money are spent patching up the effects of an environment that is actually toxic and hazardous to health. These doctors don't focus on eliminating the causes of the disturbances. Instead, they treat the symptoms and leave their patients to continue to ignorantly and almost addictively tear themselves down. Lasting and abiding health is the result of education and discipline in cleanliness of the body, mind, and spirit. All

else is a compromise at best. The average doctor is not going to teach you about bowel care, nutrition, exercise, or right living. He has a treatment that he's trained to give. He's going to give you something, a shot or a prescription, to take care of your symptoms regardless of your bad habits, poor nutrition, or enervating lifestyle. He and the pharmacist are going to make their living on your ignorance. Doctors make a living on your living, that is, on the way you live your life. They make a living on your ignorance. It's time for people to wake up and recognize that if they make the move to natural, pure, and whole foods, they will make the biggest and best change that can be made." - Dr. Bernard Jensen, DC in "Guide to Better Bowel Care", 1999.

"It has been said that the best treatment for a patient with rheumatism is for one doctor to send him to another." - in "JAMA", 3 February 1934.

The Practice of Medicine as Fudge

"The advances of medical science during the present century have tended to produce, and indeed have produced, an estrangement between the scientific cultivators and the simple practitioners of medicine. Principally in two ways. Minute investigation into diseased structures and a dispassionate study of the action of drugs have shown that advanced changes of structure are but little influenced by so-called remedies. Hence a scepticism as to the value of drugs pervades the profession, more especially the more scientific portion of it. Some, indeed, who have probably no superiors in the art of diagnosis, have absolutely ceased to place any confidence whatsoever in drugs.

This disbelief in drugs is supported also by another fact. It has been found that many cases of those classes of disease which are not necessarily fatal recover without any medicines whatever. The student is thus perplexed and puzzled. This perplexity is increased when you find in

standard works of the highest authority that you are recommended to adopt methods of treatment which, as an actual fact, are, justly or unjustly, discarded by all practitioners. For example, you are told in Lectures on the Practice of Physic to bleed persons suffering from certain acute inflammations. It is true you are told only to do so in suitable cases. But when you discover, both by inquiry and observation, that no one nowadays meets with any cases that are suitable, you are not unnaturally bewildered, and, indeed, cannot be accused of disrespectful indocility if you come to look upon the practice of medicine as fudge." - Willoughby F. Wade, BA, MB, in "The Lancet", 1 July 1871.

"While pretending to cure our patient of one disease, we should be manufacturing others at least equally dangerous to life. The conditions of which I speak are those that are met with in the prolonged cachexia of tubercle and cancer, and in the latter stages of renal, cardiac, and pulmonary diseases associated with anasarca (edema)." - John S. Bristow, MD, FRCP, in "The British Medical Journal", Vol.1, No.591, 1872

Observations and Exact Findings

"There has been within a decade a notable evolution in the treatment of tuberculosis. I have heard a professor of clinical medicine assert, in a popular address, that the whole treatment of this infection now consists in fresh air and plenty of food, drugs being useless. Similar statements are constantly appearing. If they were true, then would the labour and self-sacrifice of the ages be rejected not only by the votaries of science, but by the laity, who are all too ready to belittle our careful observations and exact findings. Therapeutic nihilism is both false and hurtful to the best interests of the race. Nonetheless, the revolution thus indicated is significant.

Two thoughts at once obtrude:

1. Our conception of the physiologic action of drugs demands critical and thorough rebuilding. This Sajous has done.

2. The whole subject of scientific hygiene demands equal attention with pharmacotherapy.

It is a significant fact which the medical mind is inclined to ignore that many valuable systems of healing originate among, or are brought to fruition by, overenthusiastic irregulars, whence they are forced on our attention. It is wise to accept the hints furnished, make researches into the essential principles involved, and to acquire skill with those remedial measures demonstrated to be sound. Some are invaluable, as I shall show. By means of them results can be obtained in certain disorders greater than by others now in use. At the worst, they afford convenient, efficient accessory and reinforcing curative agencies. We should realize the value of extramural healing methods, pick the meat out, and give our patients the benefit of whatever in them is worth while. There can be no doubt of brilliant cures effected by enthusiastic ignoramuses, or earnest men of one idea.

No alert business man or manufacturer would lose a chance to better his methods. Yet, medical men exhibit a stolidity, an indifference to flagrant inroads upon their domain, with a fatalistic philosophy or peevish denial of plain facts. Some of the cures wrought by irregular empirics are only partial, relief being obtained for the more obvious distresses; the ultimate lesions persist. It is our business as apostles of science to afford equal or better relief. The day of specific medication is past, despite occasional bursts of brilliant meteors like salvarsan or vaccine therapy." - John Madison Taylor, AB, MD, Philadelphia, PA., read at the 12 annual meeting, American Therapeutic Society, Boston, Massachusetts, 11 to 13 May 1911.

"Medical Science thought process is; that each organ functions on its own accord, as if disease exists only on a certain organ, then it is the fault of that organ."

Body Anatomical Structure

"In a time that I knew not of the existence of Osteopaths and Chiropractors, I took a patient to an Medical Clinic. There where 3 so-called doctors of medicine, 2 male and 1 female they looked with a smile on the appreciation of my predicament upon the question, that took me there in the first place. Which was a concern upon an anatomical anomaly which I found in one of the thoracic vertebrae being over salient. After a few minutes I paid for the non eventful consultation, and left with the impression that justice had not been done. Years latter in England I took the same person to an Osteopath, without mentioning the anatomical anomaly, and the same was picked up by the Osteopath who offered to remediate same. This just serves to illustrate the point, that when one is in ignorance, others with even greater ignorance, are ever praying on the naïve one. And the naïve ones are all those who like sheep fill the medical trade clinics." - Rui Alexandre Gabirro

Empirical Science, Vitalism or What?

"Limitations of empirical science in conventional medicine. There are four ways of knowing things in day to day living:

1. Observation or Experiment: Empiricalism
2. Being Taught
3. Logic and Reason
4. Intuition

Modern medicine only values one therapy: Empiricalism based on biomedicine.

The model modern medicine uses is Randomised Control Trials based on the idea that: "If there is no evidence, then it doesn't work." Its success has been in eradicating infectious diseases, and this model works well for acute care, but not for chronic care." - Professor Paul Dieppe, Bsc, MD, FRCP, FFPH in "Ballens CPD", 2013.

"I condemn experimentation on animals because the character of the organism determines the character of function. This immutable law of Nature forever makes animal experimentation of no benefit to humans. The sooner physicians take clinical findings on the human body rather than "clinical findings," or supposed findings from tortured animals, the better it will be for them and for their clientele. - Dr George Starr White, MD, in "Journal of the American Podiatry Association", Volume 10, 1920.

"The idea that the cause of disease must be an entity has dominated the medical mind from the earliest time. It is false. Disease is simply health pushed aside by influences that lower life's standard. Health is the normal state of the body, and all the body's energies are directed to its maintenance. Is it not strange that the best doctors in the whole profession declare that they do not know the cause of high blood pressure? Common honesty could not expect a cure to follow whatever treatment is given under such circumstances. Whatever is necessary to right the life must be done; for disease always means wrong life. Eating must be cut down enough to remove arterial pressure, and if the patient is over weight, the weight must be reduced. This I offer in defence of the profession against those nitwits who find fault with doctors for not curing them after the doctors iterate and

reiterate that they do not know the cause of disease." - Dr John Tilden, MD

Medical Science is Founded on a False Premise

"Namely, that disease is caused by extraneous influences, and that drugs are something that cures or palliates discomfort. The term "medical" means pertaining to medicine or the practice of medicine. Anything used in a remedial way carries the idea of curing, healing, correcting, or affording relief, and this doctoring is all done without any clear understanding of cause. There is no hope that medical science will ever be a science; for the whole structure is built around the idea that there is an object: disease; that can be cured when the right drug: remedy, cure; is found. It is a real pleasure for the doctor who knows that he cannot cure anything, to watch nature throw off all these symptoms by elimination, if he is willing to do a little "watchful waiting" and "keep hands off."

This willingness to die on the altar of medical superstition is one very great reason why no real improvement is made in fundamental medical science. Medicine rests on a sound scientific foundation. Anatomy, physiology, biology, chemistry, and all collateral sciences that have a bearing on the science of man, are advanced to great perfection. But the so-called sciences of symptomatology, disease, diagnosis, etiology, and the treatment of disease go back to superstition for their foundation. We see the incongruity of jumbling real science with delusion and superstition. Disease is believed to be an entity; and this idea is necessarily followed by another as absurd: namely, cure. Around these two old assumptions has grown an infinite literature that confounds its builders.

"When a man's knowledge is not in order, the more of it he has, the greater will be his confusion." - Herbert Spencer

Confusion worse confounded is the only explanation that can be given of the theory and practice of medicine. Benjamin Rush, a physician, a luminary that brought distinction to medical science. He was larger than his profession. He left seeds of thought which, if acted upon by the profession, would have organized medical thought and prevented the present-day confusion.

He left on record such golden nuggets as:

Much mischief has been done by the nosological arrangement of diseases. Disease is as much a unit as fever. Its different seats and degrees should no more be multiplied into different diseases than the numerous and different effects of heat and light upon our globe should be multiplied into a plurality of suns.

The whole materia medica is infected with the baneful consequences of the nomenclature of disease; for every article in it is pointed only against their names. By the rejection of the artificial arrangement of diseases, a revolution must follow in medicine. The road to knowledge in medicine by this means will likewise be shortened; so that a young man will be able to qualify himself to practice physic at a much less expense of time and labor than formerly, as a child would learn to read and write by the help of the Roman alphabet, instead of Chinese characters. Science has much to deplore from the multiplication of diseases. It is as repugnant to truth in medicine as polytheism is to truth in religion. The physician who considers every different affection of the different parts of the same system as distinct diseases, when they arise from one cause, resembles the Indian or African savage who considers water, dew, ice, frost, and snow as distinct essences; while the physician who considers the morbid affections of every past of the body, however diversified they may be in their form or degrees, as derived from one cause, resembles the philosopher who considers dew, ice, frost, and snow as different modifications of water, and as derived simply from the absence of heat. There is but one

remote cause of disease: These remarks are of extensive application, and, if duly attended to, would deliver us from a mass of error which has been accumulating for ages in medicine; I mean the nomenclature of diseases from their remote causes. It is the most offensive and injurious part of the rubbish of our science. The physician who can cure one disease by a knowledge of its principles may by the same means cure all the diseases of the human body; for their causes are the same. Dissections daily convince us of our ignorance of the seats of disease, and cause us to blush at our prescriptions.... What mischief have we done under the belief of false facts, if I may be allowed the expression, and false theories! We have assisted in multiplying diseases. We have done more: we have increased their mortality. I shall not pause to beg pardon of the faculty for acknowledging, in this public manner, the weaknesses of our profession. I am pursuing Truth, and while I can keep my eye fixed upon my guide, I am indifferent whither I am led, provided she is my leader. Dr Oliver W. Holmes, MD, was a man who gave dignity and respectability to the profession. He was a literary man, and from his beginning to his end, was always larger than his profession. He once said:

> *"I firmly believe that, if the whole materia medica could be sunk to the bottom of the sea, it would be all the better for mankind and all the worse for the fishes."*

But it is natural for the physician to turn this dispensation of nature to his advantage and to intimate that he has cured John Smith, when actually nature has done the trick. On the contrary, should Smith die, the good doctor can assume a pious expression and suggest that, despite his own incredible skill and tremendous effort, it was God's, or nature's, will that John should pass beyond.

Nature: our subconsciousness; has a full monopoly on the power to cure. Healing is nature's prerogative, and she cannot, if she would, delegate it to doctors or to the academies of medical science. What a sad plight humanity would be in if medical commercialism had a monopoly on

healing or curing the sick! And an equally small number improved or were abolished by surgical interference. But, in spite of the relatively few diseases to which surgery is beneficial, the number of surgeons that flourished in the land is enormous.

Diagnosing a Medical Delusion

"Diagnosing according to modern medical science is a scheme of symptomatology that means nothing except a guide in discovering organic change, pathological change; and if no change or pathology is found, the case is sent home, with the advice to return again in a few months; or perhaps it will be kept under observation for a while. Even cases presenting pathological changes, such as we see in rheumatic arthritis, I have known of being sent home for 6 months, because no point of infection could lee found. The patient would be sent away with the statement: "After a thorough examination, we cannot find the cause of your disease. Come back in about 6 months, and it may be showing up in that time."

So much for the influence that focal infection has on the mind of the profession. Suppose infected teeth were found. or sinus infection, what of it?

What causes the teeth and sinuses to be infected? Why is rheumatism a symptom of infection, and the focal infections not a symptom of rheumatism?

The truth is that rheumatism, infected teeth, and sinus infections, as well as every other pathology found in the body, are effects. Symptoms without lesions represent functional derangements which have not been repeated long enough or often enough to cause organic change. If, as diagnosis goes, the cause is to be found in the disease, at what stage are we to look for it? Is it at the beginning, or in the fully developed organic change, or in the dead man?

Those who believe germs cause disease cannot find them until pathology is found. It appears to me, after being in the game for over fifty years, that a plan which has received so much labor without reward should be abandoned.

Diagnosis is so fraught with the element of uncertainty that no reliance can be placed upon it. Research occupies an army of laboratory experts in hunting the cause of disease, and also cures. They are doomed to fail; for how is it possible to find cause in effects?

Disease cannot be its own Cause

Neither can it be its own cure, and certainly not its own Prevention

"After years of wandering in the jungle of medical diagnosis: the usual guesswork of cause and effect, and the worse-than-guesswork of treatment, and becoming more confounded all the time; I resolved either to quit the profession or to find the cause of disease. To do this, it was necessary to exile myself from doctors and medical conventions; for I could not think for myself while listening to the babblings of babeldom. I took the advice found in Matt. 6:6. This opinion would be true if the sciences of medicine were fitted to a truthful etiology (efficient cause) of disease. But, since they are founded on no cause, or at most speculative and spectacular causes, as unstable as the sands of the sea, the doctor who cannot brook the bewilderment of vacillation is compelled to hide away from the voices of mistaken pedants and knowing blatherskites until stabilized.

The Medical World is Looking for Cures

The medical world has been looking for a remedy to cure disease, notwithstanding the obvious fact that nature needs no remedy - she needs only an opportunity to exercise her own prerogative of self-healing.

Cancer is the culmination of years of abuse of nutrition, and years of Toxaemia from faulty elimination.

The average doctor cannot think, and the others do not dare to think except conventionally out loud. I do not know where to place the men of the medical trade who are capable of thinking, but who refuse to allow reason to guide them in their thinking.

Scientific Medicine is Helpless

Nature's order is interfered with by enervating habits until Toxaemia is established; then a vaccination, or an infection from any source, acts sooner or later as a firebrand in causing the most vulnerable organ to take on organic change. The organ, however, has nothing to do with cause, and directing treatment to the organ is compounding fallacy. Types of such nonsense are blood-transfusion for pernicious anaemia; gland treatment for gland impotency; cutting out stones, ulcers, tumours, etc. There is no question but that one of the most pernicious practices in vogue today is treating so-called disease with disease, and immunizing with the products of disease. One of the first things to do to get rid of any so-called disease is to get rid of Toxaemia; for it is this state of the blood that makes disease possible. Infection, drug-and food-poisoning may kill; but if they do not, they will be short-lived in a subject free frown enervation and Toxaemia. Conversely, the poisoning will linger in the system until Toxaemia is overcome; then elimination will remove all traces of infection. The infection is the least offender of the trio. Add fear and wrong eating, and we have a formidable symptom-complex, justifying all that professional syphilomaniacs say and write about the disease. Remove Toxaemia, drugging, fear, and vile eating, and there is little left. What there is can easily be thrown out by nature.

"We are builders of tomorrow, and we need not pay a doctor to tell us what will happen to us tomorrow. "Nothing will happen. The inevitable will come. We shall inherit the fruits of today's sowing." - Dr. John H. Tilden, MD in "Toxaemia Explained, The True Interpretation of the Cause of Disease", 1926.

> *"Medical-pipedream articles that millions or Americans swallow annually: she was another casualty of the School of False Promise." - Evelyn Barkins in "Are these our Doctors", 1952.*

Focal Infection

"The importance of the part played by focal infection in the incidence of insanity with the optimistic views for cure by its elimination is not fully appreciated by all observers as shown by an article by Charles K. Mills ("Dental Infection in the Causation of Nervous and Mental Diseases", New York Medical Journal, 17 April 1920) who agrees with Frederick Peterson (Credulity and Cures", JAMA, 6 Dec., 1919) that the medical profession at present as in the past has shown itself quite as credulous as the laity which it severely criticises." - Dr William W. Root, MD in "The State Hospital Quarterly", November 1920.

The Scandal of Poor Medical Research

"What should we think about a doctor who uses the wrong treatment, either wilfully or through ignorance, or who uses the right treatment wrongly.

Most people would agree that such behaviour was unprofessional, arguably unethical, and certainly unacceptable. What, then, should we think about researchers who use the wrong techniques (either wilfully or in ignorance), use the right techniques wrongly, misinterpret their results, report their results selectively, cite the literature selectively, and draw unjustified conclusions?

We should be appalled. Yet numerous studies of the medical literature, in both general and specialist journals, have shown that all of the above phenomena are common. This is surely a scandal. When I tell friends outside medicine that many papers published in medical journals are misleading because of methodological weaknesses they are rightly shocked. Huge sums of money are spent annually on research that is seriously flawed through the use of inappropriate designs, unrepresentative samples, small samples, incorrect methods." - D. G. Altman, in "British Medical Journal", 29 January 1994.

Medical Research Still a Scandal

"20 years ago this week the statistician Doug Altman published an editorial in the BMJ arguing that much medical research was of poor quality and misleading. In his editorial entitled: "The Scandal of Poor Medical Research".

Altman wrote that much research was "seriously flawed through the use of inappropriate designs, unrepresentative samples, small samples, incorrect methods of analysis, and faulty interpretation." Twenty years later I fear that things are not better but worse." - Richard Smith, in "British Medical Journal", 31 January 2014.

Killing For A Profit?

"Much of the clinical research that's published in medicine cannot be reliably trusted. One of the reasons we have a complete healthcare system failure is because there is a root of an epidemic of misinformed doctors and misinformed patients. And that stems from biased funding of research. That is research that's funded because it's likely to be profitable, not beneficial for patients. And in this we have malodorous health policy". - Dr. Aseem Malhotra, MD, interview "Diet Doctor", 2018.

Why Most Published Research Findings Are False

"There is increasing concern that most current published research findings are false. The probability that a research claim is true may depend on study power and bias, the number of other studies on the same question, and, importantly, the ratio of true to no relationships among the relationships probed in each scientific field. Simulations show that for most study designs and settings, it is more likely for a research claim to be false than true. Moreover, for

many current scientific fields, claimed research findings may often be simply accurate measures of the prevailing bias." - John P. A. Ioannidis, PLoS Med 2(8): e124, 2005.

Scientific Literature Perhaps Half may Simply be Untrue

"A lot of what is published is incorrect." I'm not allowed to say who made this remark because, we were asked to observe Chatham House rules. The case against science is straightforward: much of the scientific literature, perhaps half, may simply be untrue." - Richard Horton, in "The Lancet", Vol. 385, 11 April 2015.

"Perhaps half of all published literature is untrue". - Dr Aseem Malhotra, MD, 2019.

"How many times what you're told by the Government by your Doctor by anything helping to control your life is the 180-degree opposite of the truth." - Dr Thomas E. Levy, MD in "Vitamin C, The Benefits", Conference 2017.

Drug Companies and Doctors; A story of Corruption

"It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of the New England Journal of Medicine". - Dr Marcia Angell, in "Drug Companies and Doctors: A story of corruption." The New York Review of Books 56, 15 January 2009.

Lister's Blunder

"When Mr Lister began his antiseptic operations, they were generally successful, but a few days later his patients succumbed to carbolic acid or mercuric poisoning, so that it became a gruesome medical joke to say that 'the operation was successful, but the patient died'.

Not unnaturally, Lister used doses of carbolic acid, which, when placed upon an open wound or respired by a patient, were lethal. But, thanks to his careful observations, he gradually reduced the quantity of carbolic acid or sublimate of mercury employed, until at last 'his operations were successful and the patients lived', as they would have done from the beginning, had he obtained his knowledge of the principles of antisepsis from their discoverer, Béchamp, who had warned against the use of any but a very minute dose of carbolic acid, instead of from the plagiarist Pasteur, who did not know why the dose should be so limited. From the outline I have now given you, you may form some idea of the ignorance of the man who, for more than 30 years, official medicine has been worshipping as a god. But this is only a small part of the mischief perpetrated.

Instead of making progress in therapeutics during the past thirty or forty years, medicine – outside of surgery – has fearfully retrograded, and the medical trade today is, in my judgment, in a more degraded condition than ever before in its history." - Dr M. L. Leverson, an American physician, a lecture entitled "Pasteur, the Plagiarist", delivered at Claridges Hotel, London, 25 May 1911.

Dr. David Brownstein Story

"Dr. David Brownstein, MD - I finished my residency and I went to work for Dr. Richard Ng, MD, and I was working in his practice and I was gonna be a partner, and about 6 months into that practice I started to lose sleep for a couple of nights, anxiety perked up on me for unknown reason, and I remember vividly getting up getting ready to go to work for Dr. Richard Ng, and I told my wife Allison; "I

don't wanna be a doctor any more".

She was incredulous that all I wanted to do was be a doctor, since I was 5 years old, and we had $90,000 dollars in student loans, I had only been practising for 6 months, I was going to be a partner with him and she said what's wrong, and I said, I just can't do this for the next 30 or 40 years.

I'm just prescribing drugs that aren't really working, they're not treating the underlying cause of the problem, and I'm having to put more drugs to treat the problems in the first drugs, and I'm not helping anybody and that's what I went into medicine for was to help people, and Alison said well maybe we need to do another residency, and I said I am not doing another residency they are all the same.

And she said what are you gonna do what I said I don't know. So around that time I happened to be introduced to a chiropractor from one of my patients and I had never referred to a chiropractor I used to tell people don't go see him, even though I never knew what they did, and when I met him he was a very smart guy he knew a lot about biochemistry and functional biochemistry and he brought me a book dealing with nutrition by an allopathic physician Dr. Jonathan Wright, MD.

And I started reading, and I read what Dr. Wright wrote and my first patient was my dad and right after that I read that chapter on cardiovascular disease and doctor Wright's book and I drew a couple of blood tests on my dad. And a few days later I put my dad on two natural things, natural thyroid hormone, and natural testosterone.

And within 7 days, his 20+ year history of angina went away, never recurred, his cholesterol stuck in the 300s, fell below 200 without changing any of his bad habits, and once I saw the changes in my dad in the next couple of weeks.

I knew what I wanted to do in medicine, and I went to Rick and I said, I need to leave, and Rick said "why are you leaving?", I said, I want to go to holistic medicine, and Rick said "what's that?", and I said well, it's using natural therapies and Rick said "how you gonna do that?", and I said, I don't know, but I can't do it here.

So I left, yes Rick and I maintained a friendship, and we

maintained a tennis friendship and kept playing tennis two or three days a week and every so I started doing holistic medicine and starting my practice and a few years later you know wrote a book my first book was a miracle natural hormones and because I was playing tennis with a conventional doctor I asked Rick if you could read the book and give me a give me comments I need a conventional doctor to look at this book and Rick took the book home called me up a couple of days later.

Dr. Richard Ng - I asked if it was for a real, I said is this for real because I don't see any of this and I've been doing this for some 15 years, I'm over there you know is this for real, and I was just incredulous because we're basically well you know doctors are taught that you are the elite you're given those holy grail of information and we drank the kool-aid thinking that that was correct it's not correct. You're seeing what everybody else is seeing and that is as good as it gets.

Dr. Brownstein - He called me a couple days later, that's what he said to me, is this real, and I'm like Rick I've been telling you this for the last 5 years playing tennis yeah and he said well I wasn't really listening I was just these nice people like being polite.

Dr. Ng - I saw the fun that he was having and I says gee's I'd like some of that fun. I'm just killing myself, but then what really happened was I was gently enlightened with crippling asthma, and Dave helped me walk through it to resolve it holistically and then I'm caught in this this this world of well geez I'm doing all this and I'm just short of being on oral steroids which is gonna make my health go to hell in a handbasket this guy did this for me I'm over there well I can't practice medicine one way and do something else for myself and then we the magic started occurring when we start talking.

It's fun when you see people get better, it's no fun writing prescriptions right to the grave that's no fun.

Dr. Brownstein - And prescriptions that aren't helping them, that are accelerating them to the grave.

Dr. Ng - We're bright individuals who are good problem solvers we've been handicapped by what we what we're told and this is the way that light is and it's not.

Dr. Brownstein - And one of the biggest things we've done is we study biochemistry yeah functional biochemistry. We have a group of doctors and hits together you know at a regular basis and we look at the biochemical pathways and talk about how we can support the biochemistry instead of using drugs, that don't support the biochemical pathways, they block it and they poison it.

Dr. Ng - How come novel to use actual science of biochemistry and physiology to go ahead and help as opposed to pharmacology to treat symptoms.

Dr. Brownstein - That's the problem of medical school, they give biochemistry that's not practical.

Dr. Ng - And it's it's linear it is: structural-penicillin-cure, and human physiology is anything but that, but linear, and it's much much more complex. Take a look at the lies that we were taught the moment we stepped into clinicals: eat no salt, eat no fat, lots of calcium fluoride, baby aspirin, Statin drugs, immunizations, you don't want to stick to any of those, we do the direct opposite, of every one of these today and we can see what's happening to their biochemistry and they report back to us I'm losing weight I have more energy all my symptoms are going away this phenomenal what happens when you feed physiology and biochemistry.

Dr. Brownstein - And it's not rocket science to look at drugs and look at their mechanism of action and me they poison enzymes of black receptors and it's not hard to believe that they're going to screw up the human biochemistry which is what they do and I don't think it's

that hard of a concept and I can't quite understand how conventional medicine hasn't figured that out yet." - Dr. David Brownstein, MD and Dr. Richard Ng, MD interviewed in "We Are Vaxxed", Nov. 2017.

Modern Medicine Not a Science

"Modern medicine is not a science, and modern clinicians and medical researchers are not scientists. Too many modern doctors neither cure nor care. The modern clinician and the medical researcher base their opinions and conclusions almost exclusively on subjective observations and wishful expectations, which are likely to be based on inaccurate historical perspectives and experimental experiences with members of another species.

Most patients probably assume that when a doctor proposes to use an established treatment to conquer a disease he will be using a treatment which has been tested, examined and proven. But this is not the case.

The savage truth is that most medical research is organised, paid for, commissioned or subsidised by the drug industry. This type of research is designed, quite simply, to find evidence showing a new product is of commercial value.

Medicine doesn't anticipate disasters, it simple reacts to them. This sort of approach can hardly be described as "scientific".

The absence of scientific evidence supporting medical practices is apparent in all areas of medicine.

After a survey pathologists, reported that after carrying out 400 post-mortem examinations they had found that in more than half the patients the wrong diagnosis had been made, it also presumably means that a large proportion of those patients died because of their treatment.

Ignorance Has Become Commonplace In Medical Practice

The medical trade has created a “pseudoscience” of mammoth proportions, and today's doctors rely on a vast variety of instruments and tests and pieces of equipment with which to explain and dignify their interventions.

However good the impenetrable pseudoscience may sound, or seem to be, and however well based on scientific principles the equipments and the techniques is still little more than mumbo jumbo.

The problem is that, the vast majority of doctors believe the lie that they are taught; they believe that they are scientists, practising an applied science. The result is therapeutic chaos.” - Dr Vernon Coleman, MD, D.Sc., in “Amrit-Manthan, International Journal”.

"Not even one day has been added to the span of human life. A man of 45 has no more chance of dying at the age of 80 now, than in the last century. Science follows no plan . Men of science know not where they are going. We shall have to go farther and build up a red science of man. The science of man is still too rudimentary to be useful.” - Dr Alexis Carrel, MD in “Man, The Unknown”.

"All doctors make mistakes, the greatest is he who makes least." - Dr Thomas Addison, MD

“I have no great respect for theory or mere scientific technicalities, except in so far as they promise to bear fruit in the actual treatment of patients and in promoting the cure of disease. I do not hold myself to a formal paper, but speak what I believe is the germ of truth as to the whole subject in hand.” - Dr Louis Faugeres Bishop, MD in “Arteriosclerosis, Cardiosclerosis & Intestinal Putrefaction”, New York Medical Journal, 9 Sep. 1911.

Bacteria in the Brains

At the "Neuroscience 2018" conference the annual meeting of the Society for Neuroscience, researchers from the the University of Alabama in Birmingham presented a paper "The Human Brain Microbiome; there are Bacteria in our Brains!"

"**The Gut-Brain Microbiome:** It is thought that gut microbiota can influence brain function and behaviour. It has been proposed that bacteria can enter the brain through the blood brain barrier, and/or via nerves that innervate the gut. Here we show the presence of bacteria in the human and mouse brain under noninfectious or nontraumatic conditions.

We first found the bacteria, identified by morphological criteria, in ultrastructural samples of human postmortem brain (n=34 cases). We did serial section analysis for identification and quantification. All cases contained bacteria in varying amounts.

The density of the bacteria varied according to the brain region, with abundant bacteria in the substantia nigra, hippocampus and prefrontal cortex but sparse numbers in the striatum. Bacteria were present in intracellular locations, predominantly in astrocytic end feet at the blood brain barrier, dendrites and the soma of glial cells.

They were also abundant adjacent to and within myelinated axons.

Interestingly, there were no structural signs of inflammation in any of the brains examined.

It is presently unclear the route of entry bacteria take to the brain, but the evidence of them in axons and at the blood brain barrier supports previous speculation." - R. C. Roberts, C. B. Farmer, C. K. Walker; Psychiatry and Behavioral Neurobio., Univ. of Alabama.

"This is the hit of the week," neuroscientist Ronald McGregor from the University of California, Los

Angeles. "I'm not very surprised that other things can live in the brain, but of course, it's revolutionary if it's so", Teodor Postolache from the University of Maryland." - in "Science Magazine", 13 November 2018

Let's Go Back 100 Years

We find that the new discoveries, are in fact no new discoveries as such, Bacteria and its existence in the brain has been recorded in laboratory experiments at least since 1912:

"When Moore and Noguchi in 1913 demonstrated the Treponema in the cortex of paretics, much of the accumulated literature on this disease became obsolete. If, by eliminating chronic sepsis in cases of manic-depressive insanity, dementia praecox, paranoid conditions, the psychoneuroses, and toxic psychoses, between 80% and 90% recover." - in "Journal of Mental Science", Vol.69, Oct. 1923.

In the Journal of Experimental Medicine of 1 February 1913, the following paper appeared:

A Demonstration of Treponema Pallidum in the Brain in cases of General Paralysis

"The spirochaetae were found in all layers of the cortex with the exception of the outer, or neuroglia layer. One was located at the border of this layer, but not within it.

A few were found subcortically. Careful search of the pia failed to reveal any of the organisms. In all instances they seemed to have wandered into the nerve tissue. They were not found in the vessel sheaths and seldom in close proximity to the larger vessels.

There seems to be no ratio between the number of spirochaetae and the severity of the paretic process, although the case in which they were most numerous showed excessive paretic changes.

Whether or not, by improving the technique, Treponema Pallidum (spirochaete bacterium) can be demonstrated in a much higher percentage of paretic cases will be determined by further investigations." - Dr Hideyo Noguchi, MD and Dr J. W. Moore MD, from the Laboratories of The Rockefeller Institute for Medical Research, and the Central Islip State Hospital, New York, 1913.

> *"The end result, however, is unfailingly the same: a course of conduct calculated by the physician to impress his patients with his scientific wisdom, to suppress their logical doubts, and to oppress them into loyal obedience." - Evelyn Barkins in "Are these our Doctors", 1952.*

Chapter V

The Pharmaceutical Drug Medical System

"To live by medicine is to live horribly" - Carl Linnaeus, father of modern taxonomy in "Diaeta Naturalis", 1733.

"Modern medicine is the greatest threat to public health."
- Dr Aseem Malhotra, MD, in "Sun", 7 Nov. 2018.

"I hold these truths to be self-evident, or, at least, susceptible of positive proof and absolute demonstration

That the doctrines and theories commonly entertained among men, and taught in medical schools and books, and practiced by the great body of the medical trade, and which constitute the so-called "Science of Medicine".

And on which the popular practice of the so-called "Healing Art" is predicated, are untrue in philosophy, absurd in science, in opposition to Nature, and in direct conflict with every law of the vital organism; and that these are the reasons, and the only reasons, why medical science does not progress as do all other sciences; why success in the healing art bears no relation to the advancement of all of the collateral sciences, and to the progress of intelligence among mankind.

Why medical theories are ever changing; why all of its assumed principles are in controversy; its hypotheses in dispute; why its fundamental rules and primary premises are wholly overlooked or misunderstood; and why its application to the cure of disease and the preservation of health is so uncertain, so dangerous, often so fatal, and, on the whole, so vastly more injurious than useful to the world."

I am about to prove the falsity of the popular medical systems:

1. By facts universally admitted
2. By the testimony of its advocates
3. By the testimony of its opponents
4. By the Laws of Nature
5. By argument and logic

The Drug Medical System cannot bear examination. To explain it would be to destroy it, and to defend it even is to damage it.

They are all based on the principle of inducing a drug disease to cure a primary disease.

Drug Medication, no matter in what disguise, nor under what name it is practised, consists in employing, as remedies for diseases, those things which produce disease, in well persons. Its "materia medica"; is simply a list of Drugs, Chemicals, and Dyestuffs, in one word: Poisons.

Poisonous Medications

I would reject drugs if there were no other remedial agents in the universe, because, if I could not do good, I would "cease to do evil" I would not poison a person because he is sick.

Why a sick person should be poisoned, more than should a well person.

The so-called medical trade may prosecute this inquiry another thousand years, and destroy other hundreds of millions of the human race in experiments with drugs and doses, but they will never arrive any nearer to a solution of the problem.

They will never be able to give a satisfactory answer to the question, for none exists. I have the evidence that the medical trade, in all of its standard authorities, text-books and schools, and in all its current periodicals, and in all of its floating literature, and in all its history, and in all the lectures of its living authors, teaches:

1. False Doctrine of the Nature of Disease.
2. False Doctrine of the Action of Remedies.

3. False Theory of Vitality.
4. False Theory of the Vis Medicatrix Naturae.
5. False Doctrine of the Relations of the Disease and the Vis Medicatrix Naturae.
6. False Doctrine of the Relations of Remedies to Diseases.
7. False Doctrine of the Relation of Disease to the Vital Functions.
8. False Doctrine of the Relations of Remedies to the Healthy Structures.
9. False Theory of the Relations of Organic and Inorganic Matter.
10. False Doctrine of Diseases in Relation to their Causes and Effects.
11. False Doctrine of the Law of Cure.
12. False Doctrine of the Nature and Source of Remedies.

These propositions comprehend all the premises of medical science and all the principles of the Healing Art. Each is fundamental. Without an exact knowledge of the truth of each, the physician can have no True Medical Science, no rational or successful practice.

All must be presumption or assumption in theory, and empirical or experimental in practice. His theory will amount to little more than technical gibberish: "incoherent expressions of incoherent ideas"; and his practice, "blind experiments on the vitality of the patient."

But on to the Facts

Medicines do not cure patients; that they hinder more than they assist Nature's process of cure, and that they are more injurious than useful in all diseases.

A still greater number of practitioners have come to the same conclusion with regard to particular diseases, for example, scarlet fever, croup, cholera, diphtheria, pneumonia, rheumatism, measles, dysentery, small-pox, and all forms of typhoid fever; and in every instance when they have discontinued all medicine, everything in the shape of drug or apothecary stuff, and relied wholly on Hygiene,

their success has been remarkably increased.

Drug Medicines were Worse than Useless

More than 200 physicians of the United States have written me, within 10 years, that they were entirely convinced that drug medicines were worse than useless, and that they had wholly discontinued their employment; and every one of them testifies to better success in the treatment of all forms of disease.

And thousands of fathers and mothers have written me that they have discarded all drug medicines, never employing drug doctors except to get their opinions as to the name or nature of the disease; and that by means of such information as they could obtain from the "Hydropathic Encyclopedia", they had been enabled to cure themselves and families without ruining their constitutions by a course of drug-medicine-poisoning.

Professor Austin Flint, MD, of the New York Medical College, and physician to one of the large hospitals of our city, said, a few weeks since, in a clinical lecture to his class of medical students, that, in treating pneumonia in the hospitals, he did not give any medicine at all in the hospitals.

Professor B. F. Parker, MD of the New York Medical College, said, not long since, to a medical class:

> *"I have recently given no medicine in the treatment of measles and scarlet fever, and I have had excellent success."*

Dr. Snow, Health Officer of Providence, R. I., two years ago, reported for the information of his professional brethren, through the "Boston Medical and Surgical Journal", that he had treated all the cases of small-pox, which had prevailed endemically in that city, without a

particle of medicine, and that all of the cases, some of which were very grave ones recovered.

Dr. John Bell, Professor of Materia Medica in one of the Philadelphia colleges, and also in the Medical College of Baltimore, testifies, in a work which he has published "Bell on Baths", that he and others have treated many cases of scarlet fever with bathing, and without medicines of any kind, and without losing a patient.

Dr. Ames, of Montgomery, Alabama, a few years since published, in the "New Orleans Medical and Surgical Journal", his experience and observations in the treatment of pneumonia.

He had been led to notice, for many years, that patients who were treated with the ordinary remedies, bleeding, mercury, and antimony, presented certain complications which always aggravated the malady, and rendered convalescence more lingering and recovery less complete. Such patients were always liable to collapses and re-lapses; to "run into typhoid; "to sink suddenly, and die very unexpectedly.

He noticed particularly that patients who took calomel and antimony were found, on post-mortem examinations, to have serious and even fatal inflammation of the stomach and small intestines, attended with great prostration, delirium, and other symptoms of drug poisoning.

These "complications" were neither more nor less than drug diseases. I have known several Allopathic physicians who, seeing or believing that the ordinary remedies, instead of helping the patient to live, assisted him to die, have abandoned all strong medicines, and from that hour have lost no patients.

Professor William Tully, MD, of Yale College, and of the Vermont Academy of Medicine at Castleton, Vt., informed his medical class, that some years previous the typhoid pneumonia was so fatal in some places in the valley of the Connecticut River, that the people became suspicious that the physicians were doing more harm than good; and in their desperation they actually combined against the doctors and refused to employ them at all; "after which," said

Professor Tully, "no deaths occurred."

And I might add, as an historical incident of some pertinency in this place, that regular physicians were once banished from Rome, so fatal did their practice seem, so far as the people could judge of it.

Western New York was then sparsely populated, and there was no doctor within a dozen or fifteen miles. But people were sick. Agues prevailed. Colds and coughs were as common as rain, sleet, and slosh. Pneumonia and influenza were every-day affairs. Whooping cough, mumps, and measles were as plenty as blackberries; and bilious, inflammatory, and even typhoid fevers, with now and then a case of rheumatism, were well known and duly appreciated. But nobody died.

Many persons were very sick, but somehow or other all came out well and sound in the end. Catnip teas, hemlock sweats, warm water for the feet, and gruel for the stomach and bowels, seemed to be infallible in all cases. No doctors were to be had, and nurses were obliged to rely on domestic remedies and common-sense appliances alone.

At length, as the country settled around, a stranger of good address came along and. offered to teach the village school. He was employed. It was soon noised around that he was a doctor. How fortunate! At this time colds, and pneumonia, and influenza, and pleurisies were prevalent.

The schoolteacher soon began to visit patients out of school hours, and the calls for his professional services became so frequent and urgent that he was obliged to relinquish teaching in the middle of the term and devote himself night and day to doctoring.

Then it was that: People Began to Die

I soon became familiar with funerals, and in a few years, cripples and bed-ridden women were numerous in the neighbourhood.

Three of my father's family, my mother and two brothers, for some slight indisposition, called the doctor; and neither

of them ever saw a well day afterwards. These things I noticed then and wondered.

Now I think I can understand and explain them. I have myself, during the sixteen years that I have practiced the Hygienic Medical System, treated all forms and hundreds of cases of typhus and typhoid fevers, pneumonia, measles, and dysentery and have not lost a patient of either one of these diseases. And the same is true of scarlet and other fevers.

And several of the graduates of my school have treated these cases for years, and none of them, so far as I know or have heard, have ever lost a patient when they were called in the first instance, and no medicine whatever had been given.

I fear there is too much truth in the statement of Professor B. F. Barker, MD, of the New York Medical College:

> *"The remedies which are administered for the cure of measles, scarlet fever, and other self-limited diseases, kill far more than those diseases do."*

The great Magendie, of France, who died two years ago and who long stood at the very head of Physiology and Pathology in the French academy, which, by the way, has claimed to be, and perhaps is, the most learned body of men in the world, performed this experiment.

He divided the patients of one of the large Paris hospitals into three classes.

To one he prescribed the common remedies of the books. To the second he administered only the common simples of domestic practice. And to the third class he gave no medicine at all. The result was, those who took less medicine did better than those who took more, and those who took no medicine did the best of all.

Magendie also divided his typhoid-fever patients into two classes, to one of whom he prescribed the ordinary remedies, and to the other no medicines at all, relying wholly on such nursing and such attention to Hygiene as the

vital instincts demanded and common sense suggested.

Of the patients who were treated the usual way, he lost the usual proportion, about one-fourth. And of those who took no medicine, he lost none. And what opinion has Magendie left on record of the popular healing art? He said to his medical class, "Gentlemen, medicine is a great humbug."

Dr Jennings of Oberlin, Ohio

Who has not heard of Dr Jennings of Oberlin, Ohio?

He became fully convinced that the system of drug medication was all wrong; that drugs, instead of curing persons, or aiding Nature to cure them, really hindered the cure, or changed the primary malady to a drug disease as bad or worse; and to put the matter to the proof, he practiced for several years without giving a particle of medicine of any kind. His success was remarkable. His fame extended far and wide. The praises of his wonderful skill were heard in all the region roundabout.

Strange as the announcement may sound in this hail, I must assert that Health is not taught in the popular schools of medicine, nor explained in their books, nor much regarded in the prescriptions of their physicians. But when the typhoid pestilence and the malignant pneumonia appear as the inevitable consequences of the permitted causes, the doctors can drug and dose secundem artem. They can administer quinine in huge doses; give any quantity of calomel, and subdue the vital struggle, and too often the patient, with bleeding and narcotics.

Who supposes that this quinine, so freely administered as a curative, and even a preventive of miasmatic diseases, is a deadly poison? Who does not know that arsenic is a poison? Yet I read, this very day, in last week's New York Medical Times (which speaks by authority), an article in favour of arsenic as a substitute for quinine and arsenic in large doses.

And I read, too, this day, in Braithwaites's Retrospect, for January 1862 (the leading European journal of the Allopathic school), several articles commending arsenic as the better

article of the two.

Is there not some mistake somewhere? Can it be that two articles, one a harmless tonic and the other an intense poison, are perfect substitutes for each other? I think I shall be able to show in what the delusion consists. Medical students go to College to learn the symptoms of disease, and how to cure them, or rather in what way to drug them; not to learn the conditions of health and how to preserve it.

Florence Nightingale

Is that name new or strange in this place? For what purpose did that noble and heroic English girl, overflowing with patriotic emotion, and full of sympathy for suffering humanity, as only woman can be, pitch her tent and make her abiding-place amid the wailing of the wounded, the groans of the dying, and the stench and contagion of camps and hospitals?

Alas! She must needs go to the Crimea to teach the British surgeons health; to instruct the graduates of the first medical schools in the world in the simplest maxims of plain, unsophisticated common sense; to show to medical men of learned lore, and scholastic honour, and high-sounding titles, and large experience, and many degrees, that invalids cannot breathe without air; that personal cleanliness is essential to the successful management of disease; that water, and light, and equable temperature, and rest, are requisite to correct morbid excretions, restore normal secretions, purify the vital current, and dissipate and destroy the ever-engendering miasms and infections of such places.

Nurses (more than one) in the hospitals inform me that hundreds of sick soldiers implore them to throw away the medicine. They do not want to take a particle of any kind. Many of them fear the doctor's drugs more than they do the rebels bullets, and well they may. I saw many patients in all stages of these diseases, and of convalescence; all were doing well; none of them had any complications; no one feared relapses or collapses. In the largest hospital in this

department are several nurses who give the medicines to the gutter, and they have not lost one patient of disease.

I was told, moreover, that the young surgeons in the hospitals give a great deal of medicine, while the old surgeons give comparatively little.

This accords with the testimony of the venerable Professor Alexander H. Stevens, MD, of the New York College of Physicians and Surgeons:

> *"Young practitioners are a most hopeful class of community.*
> *They are sure of success. They start out in life with twenty remedies for every disease; and after an experience of thirty years or less they find twenty diseases for every remedy."*

"The older physicians grow, the more skeptical they become of the virtues of medicine, and the more they are disposed to trust in the powers of Nature."

Drugs Always Produce Disease

To give drugs is adding to the causes of disease; for drugs always produce disease. Indeed, they cure one disease, when they cure at all, by producing others.

Can impurities deterge away impurities?

Can Nature throw off two or more burdens more easily than one?

The effect of drug-curing or drug-killing, as the case may be, I mean drug medication, is to lock up, as it were, the causes of the disease within the system, and to induce chronic and worse diseases.

The causes should be expelled, not retained.

The remedial struggle, the disease, should be aided, regulated, directed, so that it may successfully accomplish its work of purification, not subdued nor thwarted with poisons which create new remedial efforts (drug diseases), and thus embarrass and complicate the vital struggle.

To give drugs is to give the living system more work to do

"Remedial agents are essentially morbific (causing disease) in their operations." - Professor Martin Paine, MD, of the New York University Medical School.

"In the administration of medicines we cure one disease by producing another." - Professor Paine

Professor Paine quotes the famous professional adage: "Ubi virus, ibi vitus", "our strongest poisons are our best remedies."

"All of our curative agents are poisons, and as a consequence, every dose diminishes the patient's vitality." - Professor Alonzo Clark, MD, of the New York College of Physicians and Surgeons.

"All medicines which enter the circulation poison the blood in the same manner as do the poisons that produce disease." - Professor Joseph M. Smith, MD

"All Medicines are Poisonous." - Professor St. John, of the New York Medical College.

"The administration of powerful medicines is the most fruitful cause of derangements of the digestion." - Professor Dr E. R. Peaslee, MD

"The fewer remedies you employ in any disease, the better for your patients." - Professor Dr H. G. Cox, MD

“Let us a little permit Nature to take her own way, she

better understands her own affairs than we." - Montaigne in Essays.

"Drugs do not cure disease; disease is always cured by the vis medicatrix naturae." - Professor Dr Joseph M. Smith, MD
"Physicians have hurried thousands to their graves who would have recovered if left to Nature." - Professor Clark

If the vis medicatrix naturae "the healing power of nature", is the curative agent, why not administer the vis medicatrix naturae "the healing power of nature"?

The Deadly virtues of the Healing Art

The more exalted in life is the position of the patient, the more doctors, the more medicines, and the more danger. The London Lancet, Feb. 1862, in allusion to the death of Prince Albert, makes a very significant remark:

"The disease was typhoid fever, not very severe in its early stages. But this is a disease which has inevitably proved far more fatal to sufferers of the upper classes of life than to patients of the poorer kind."

Let me be poor, aye, very poor indeed, if I must go through the ordeal of drug medication. The Medical Trade has arraigned its own system as false in theory and fatal in practice.

The Medical Trade holds a most false relation to society. Its honours and emoluments are measured, not by the good, but by the evil it does.

The physician who keeps some member of the family of

his rich neighbour on a bed of sickness for months or years, may secure to himself thereby both fame and fortune; while the one who would restore the patient to health in a week or two, will be neither appreciated nor understood.

If a physician, in treating a simple fever, which if left to itself or to Nature would terminate in health in two or three weeks, drugs the patient into half a dozen chronic diseases, and nearly kills him half a dozen times, and prolongs his sufferings for months, he will receive much money and many thanks for carrying him safely through so many complications, relapses, and collapses.

But if he cures in a single week, and leaves him perfectly sound, the pay will be small, and the thanks nowhere, because he has not been very sick! But the majority of the people still demand drug doctors, and so long as they demand them they will have them. I can give you an infallible recipe for providing the very best of physicians at the least possible expense.

Pay your physician when you are well, and stop his pay when you are sick, or else pay him a stipulated salary whether you are sick or well. Let your health be to his advantage, and not your sickness his opportunity. Then he will study Hygiene, which keeps you well, instead of druggery, which complicates your maladies and keeps you sick. As it is now, he is hired, virtually bribed, to do the very worst he can for you.

Take his Good Advice and Refuse his Bad Medicine

What is drug medication?

It is simply poisoning a man because he is sick.

How many ideas are there in that idea?

I can see but one and that happens to be a very bad one.

There are two thousand drugs in the list of remedies.

But they are all poisons: banes, venoms, and viruses.

Give a patient the whole apothecary shop, and it is one mass of poison. It is Poisonopathy first, last, and always.

Poisonopathy

The Drug System rejects everything except poisons.

A false doctrine of the nature of disease, and a false theory of the action of remedies; a false medical science, doctrines which medical men have taught in relation to diseases and remedies, are exactly contrary to truth and Nature.

On the theory that remedies act on the living system, and by a power or property inherent in themselves, and that this property enables them to elect or select the organ or structure on which they will make an impression, we drop for the moment the question whether the impression be "sanative " or "morbific" (causing disease).

Medical men have arranged and classified their materia medica as emetics which act on the stomach; purgatives, which act on the bowels, diaphoretics, which act on the skin; diuretics, which act on the kidneys;

Emetics: do not act on the stomach, but are ejected by the stomach.

Purgatives: do not act on the bowels, but are expelled through the bowels.

Diaphoretics: instead of acting on the skin, are sent off in that direction.

Diuretics: do not act on the kidneys, but the poisonous drugs are got rid of through that channel,

And so on.

The whole plan of subduing or "curing" disease with drugs is but a process of subduing and killing the vitality. We see, now, the rationale of the truth of the remark of Professor Clark:

"Every dose diminishes the vitality of the patient."

A Few Words as to the Forms of Disease

This is another of the vexed questions of medical philosophy. I know of no author who attempts to explain it. And how can physicians understand the rationale of the forms of disease, so long as they cannot understand what disease itself is?

All that our authors pretend to know is, that there are different forms of disease; the why and wherefore are among the "impenetrable mysteries."

Why do persons, for example, have inflammatory, bilious, typhus, typhoid, intermittent, remittent, or continued, etc., fevers? Why one instead of another? Why a fever instead of an inflammation?

Why a cholera, or spasm, or dyspepsia (indigestion), or consumption, instead of either? The answers to all of these questions depend on the solution of the primary problem, what is inflammation? And what is fever? And the answer to these questions must be traced back to the primary premise, what is disease?

Allopaths say it is: Contraria Contrariis Curantur "Contraries Cure Opposites"

I have asked many of the professors of the Drug Schools to explain to me how their remedies acted, and how their "Law of Cure" operated, the why, the wherefore, the rationale?

Not one of them could ever tell me; yet each referred to his own experience to prove that his method of prescribing drugs was the best one.

> *"The effects of remedies are so mixed up with the phenomena of disease, that the mind has difficulty in separating them." - Dr. Bigelow, in "Nature in Disease".*

How do medical men prove that these medicines are remedies for sick folks? In precisely the same way that

Toxicologists prove that they are poisons for well folks. When these remedies are given to well persons they produce more or less of nausea, vomiting, purging, pain, heat, swelling, griping, vertigo, spasms, stupor, coma, delirium, and death.

When they are given to sick persons they produce the same manifestations of disease, modified, more or less, by the condition of the patient and the circumstances of the prior disease. If the medical man with good intentions administers one of these drug poisons, or a hundred of them, and the patient dies, he dies because the medicine can't save him.

But if a malefactor with murderous disposition gives the same medicine to a fellow being, and the fellow being dies, he dies because the poison killed him! Does the motive of the one who administers the drug alter its relation to vitality?

I saw a solemn procession of twenty young girls, all dressed in snowy white, with bare heads and bare arms, marching behind the black hearse which contained the corpse of one of their late playmates, a beautiful girl, who had died the day before of diphtheria.

My friends, go with me, in imagination, to any one of your rapidly peopling cemeteries, where the freshly broken earth tells of the newly made graves, and there interrogate the mouldering bodies of the prematurely dead.

Ask them why and of what did they die? What will, what must, their answer be?

Did cholera infantum take that smiling babe away? Was it scarlet fever that dragged that beautiful child down to the cold grave? Did rheumatism so soon cause that vigorous youth to lie pale and prostrate beneath the clod of the valley? Did typhus fever send that stalwart man to his final account?

Was it the mere incident of childbirth, with a slight cold, which hurried that mature woman out of the world so suddenly and so strangely?

No, no, human beings do not die so easily of such trifling ailments. No, I say!

Could those crumbling bones and ghastly relics speak, they would tell you in deep sepulchral but in thunder tones:

"This infant died of antimony and ipecac.
This child was destroyed with calomel and opium.
This youth was killed with nitre and digitalis.
This man was slain with bleeding and blisters.
This woman perished of henbane and strychnine, and all victims to medical science."

What are its Agents, its Medicines, and its Remedies

Poisonous drugs and destructive processes, bleeding, leeching, scarifying blistering, caustics, irritants, parasites, corrosives, minerals, vegetable excrescences and animal excretions, all of the causes of disease known to the three kingdoms of Nature.

Every drug taken into the living system induces a new disease. Every drug has its own penalty. Every dose is an outrage on the living system, and in disobedience to physiological law.

Let me illustrate how this: **"curing one disease by producing another",** works in practice.

Between Rock Island and Iowa City my attention was called to an invalid soldier, whose pale, thin face, short, husky cough, and unsteady walk told too plainly that consumption was far advanced.

I approached the sufferer, and inquired:

- How long since you had the typhoid fever?
- It was not the typhoid fever at first, but the measles.
- How long were you sick of the measles?
- About 10 days.
- Did you take medicine for the measles?
- Yes, lots of it.

- What happened after you recovered of the measles?
- I had bleeding at the lungs: hemoptysis.
- Did you take drugs for the hemoptysis?
- Yes, any quantity.
- How long were you doctored for this?
- About one week.
- Then the typhoid set in.
- You took medicines for the typhoid?
- Ever so much, for nearly two weeks.
- Well, what next?
- I have had a bad cough since.
- Was your constitution originally good?
- Excellent. I was never sick before in my life.

My suspicions were confirmed. The bleeding at the lungs, the typhoid, and the consumption, were most clearly the effects of the remedies that were administered for the measles. I was called last week to visit an officer of one of the New York regiments. His brief, sad story may be soon told.

Two months ago he had jaundice. This was cured with drugs in one week. Then inflammation of the liver "set in." This was drug-cured in another week. Then the typhoid fever “attacked” him.

This was drugopathically silenced in another week, and then the rheumatism "supervened."

Now, his right arm is badly swollen, his left knee enlarged, and the cords spasmodically contracted, his finger-joints distorted, and the whole body crippled and neuralgic. Yesterday he left for my establishment in New York, where his system will soon be undrugged and his limbs straightened.

All of these complications, the inflammation of the liver, the typhoid, and the rheumatism, were drug diseases, and were caused by the remedies given to cure the rheumatism.

This Patient Rapidly Recovered

under Hygienic Treatment

Last year a patient came to me with both arms paralysed.

Three months before he had, acute rheumatism, a disease I have treated scores of cases of, and never failed to cure within 2 weeks, for which his physician prescribed mercury, antimony, colchicum, and potassium hydroxide.

The drugs had cured the Rheumatism, but ruined the patient.

Effect of Drugs

I saw a patient, a few weeks since, in Cleveland, Ohio, on my way to the West.

Four years ago, the young man, he was a youth then, and of excellent constitution, had lung fever. His physician reduced his fever and his vitality with powerful doses of antimony, and kept blisters on the chest continually.

In 2 weeks he appeared to be convalescent, but soon relapsed, when calomel was given in large doses. And lingering several weeks, the disease was said to have run into the typhoid, for which more calomel was prescribed.

The fever next assumed the intermittent form, attended with profuse sweating, for which iron and quinine were liberally administered.

He was drugged continually for six months, when it was discovered that the liver and spleen were badly congested and enlarged, and he was put on a course of mercury in a new shape, blue-pill mass.

After this the disease assumed many complications, as well it might, for which a promiscuous medley of medicaments were prescribed for two years longer, among which was hellebore, irritating plasters, several kinds of pills.

Secondary Diseases

Medical drugs produce secondary diseases and complications, for which he has been doctored nearly to death, is the effect of the medicines he has taken.

The drugs which were administered to cure the primary disease, induced the secondary or drug diseases; and then drugs were given to cure the drug diseases, and this occasioned still other drug diseases, “typhoid”, “relapses”, and “complications”.

And all together have induced the indurated organs, curved spine, shattered nervous system, consumptive diathesis, and mined constitution.

And even now his drug doctors, having brought him to the borders of the grave, and destroyed the best part of his vital stamina forever, can propose nothing better for this newly old young man than more drugs!

In Peoria, Illinois, I examined and prescribed for several similar cases before an audience of nearly a thousand persons. Among them was a Mr. Gorsuch. He was 28 years of age, of originally excellent constitution.

Five years ago he had the ague, for which he took quinine in huge dozes. This treatment so paralyzed the functions of the liver that it became greatly congested and enlarged; for which mercury was prescribed.

The mercury induced chronic inflammation of the duodenum, mercurial duodenitis, for which antimony and opium were administered.

These drugs extended the inflammation to the kidneys, prostrated the external circulation, and torpified the action of the skin; for which more mercury, in the shape of blue-pill, with narcotics, was given.

These remedies so exhausted the vital energies, that the next phase of disease was termed “nervous debility”, and then strychnine was prescribed.

After the nervous debility had been sufficiently cured with strychnine (plant), the doctors diagnosed “spinal disease”, and proceeded to blister and cauterize the back.

Lastly, neuralgia "set in," and the doctors resorted to henbane (plant). The doctors had worked at this young man

for 4 long years, continually killing him with their curings, every one of his maladies, except the original ague, being nothing more nor less than the disease occasioned by the drugs administered for the preceding disease.

Had the patient been let alone, as I stated to the audience, and had there been no doctors in the world, he would have been well and sound in a mouth; or had he been put into the hands of a competent Hygienic physician he might have been well in a week, in either case avoiding the expense of a 5 years course of drug medication, and the inconvenience of a ruined constitution, and the horrors of carrying about a shattered and frail organism for the remainder of his days.

Do you know how many drug medicines, or poisons, you are liable to take into your system, for example, during an ordinary course of fever?

Two or three kinds of medicines are usually administered several times a day, each probably compounded of several ingredients, so that a dozen drugs, on the average, may be swallowed daily.

These are changed for new ones, to a greater or less extent, nearly every day, and in a month's sickness fifty to one hundred poisons, rebels, if you please, are sent into the domain of organic life.

I spoke of Count Cavour. A feeble, brain-working invalid for years, exhausted with care, study, intermittent fever, and dyspepsia (indigestion), and of course in a very low state of vitality; he was bled 6 times in 2 days, when he really needed twice as much blood, instead of less. Death was a necessary consequence of the treatment.

"The medical practice of our day is, at the best, a most uncertain and unsatisfactory system; it has neither philosophy nor common sense to commend it to confidence." - Dr. Evans, Fellow of the Royal College, London.

“There has been a great increase of medical men of late,

but, upon my life, diseases have increased in proportion." - John Abernethy, M.D. in "The Good", London.

"Gentlemen, 99 out of every 100 medical facts are medical lies; and medical doctrines are, for the most part, stark, staring nonsense." - Prof. Gregory, MD of Edinburgh, author of "Theory and Practice of Physic."

"It cannot be denied that the present system of medicine is a burning shame to its professors, if indeed a series of vague and uncertain incongruities deserves to be called by that name. How rarely do our medicines do good! How often do they make our patients really worse! I fearlessly assert that in most cases the sufferer would be safer without a physician than with one. I have seen enough of the mal-practice of my professional brethren to warrant the strong language I employ." - Dr. Ramage, Fellow of the Royal College, London.

"The present practice of medicine is a reproach to the name of Science, while its professors give evidence of an almost total ignorance of the nature and proper treatment of disease. Nine times out of ten, our miscalled remedies are absolutely injurious to our patients, suffering under diseases of whose real character and cause we are most culpably ignorant." - Prof. Jamison, Edinburgh.

"Assuredly the uncertain and most unsatisfactory art that we call medical science, is no science at all, but a jumble of inconsistent opinions; of conclusions hastily and often incorrectly drawn; of facts misunderstood or perverted; of comparisons without analogy; of

hypotheses without reason, and theories not only useless, but dangerous." - Dublin Medical Journal.

"Some patients get well with the aid of medicines; more without it; and still more in spite of it." - Sir John Forbes, MD, FRS.

"Thousands are annually slaughtered in the quiet sickroom. Governments should at once either banish medical men, and proscribe their blundering art, or they should adopt some better means to protect the lives of the people than at present prevail, when they look far less after the practice of this dangerous profession, and the murders committed in it, than after the lowest trades." - Dr. Frank, MD an eminent author and practitioner.

"Our actual information or knowledge of disease does not increase in proportion to our experimental practice. Every dose of medicine given is a blind experiment upon the vitality of the patient." - Dr. Bostock, MD author of "History of Medicine."

"The science of medicine is a barbarous jargon, and the effects of our medicines on the human system in the highest degree uncertain; except, indeed, that they have destroyed more lives than war, pestilence, and famine combined." - John Mason Good, MD, FRS, author of "Book of Nature",
"A System of Nosology", "Study of Medicine", etc.

"I declare, as my conscientious conviction, founded on long experience and reflection, that if there were not a single physician, surgeon, man-midwife, chemist, apothecary, druggist, nor drug on the face of the earth,

there would be less sickness and less mortality than now prevail." - Dr Jas. Johnson, MD, FRS, Editor of the "Medico Chirurgical Review".

Louis Napoleon does not resort to drug medicines when he is sick, and his enemies have little ground to hope that he will die of disease. A few years ago, when suffering of that serious and generally fatal malady, albuminuria, he resorted to a bathing establishment, and recovered.

The Paris correspondent of the New York World says that the Emperor has depended principally upon the Hydropathic treatment for several years, and that he keeps two "water-cures" completely fitted up, one in the palace of the Tuileries, and the other at St. Cloud. Once I honestly believed in the drug system, and conscientiously practised it. It was mere accident, a necessity of my existence, which led me to do what no other medical man had ever done, so far as I know, to investigate the premises of medical science in their relation to the laws of Nature.

I conclude with a single remark. All history attests the fact, that wherever the Drug Medical System prevails, desolation marks its track, human health declines, vital stamina diminishes, diseases become more numerous, more complicated, and more fatal, and the human race deteriorates." - Dr Russel Thacker Trall, MD, in "The True Healing Art", 1862.

Medical Economics

"Medical politicians have a method of stifling business competition that even decent medical doctors would like to think never happens. But it does.

Down in Tennessee the State Medical Board has been giving a gigging to Dr. Chester Fair, a venerable and revered 72-year-old physician because he has cured hundreds of cancer, polio and other such cases (which medical orthodoxy had referred to the undertaker) by using the highly successful Koch treatment. The Board subjected him to a

humiliating public "trial", accusing him of immoral, dishonest and unprofessional conduct, because he cured people in a manner that brings no profit to the Drug Trust, Hospitals and the Surgical brotherhood.

Under the relentless hammering of Benedict Fitzgerald, Washington lawyer who is building a reputation as a medico-legal practitioner, the Board hauled in its horns and dropped the first two charges.

The third was continued. In Dallas the Texas Medical Board went "all the way". They 'convicted' seven doctors of the same charge, curing cancer without the approval of the financial interests involved.

Dr. Hoxsey is appealing to the circuit court, will be heard Nov. 15. In the meantime he announced that his doctors will be curing cancer for the next 20 years and the Texas Medical Board be damned. Next issue will show what Canada's medical board did to a registered nurse for talking to a woman about an egg." - "The American Capsule News", 15 October 1955.

Koch Antitoxins Therapy

"The first mention of the Koch Antitoxins was made in an article by Dr William F. Koch, MD, in Detroit Medical Journal, July 1919. As subsequently developed, the Koch Treatment is based on a belief that cancer is a protective response to a toxic product generated within the body, and that this product must be oxidized before recovery is possible.

The Koch method uses a cleansing regimen by diet, combined with the three Koch Antitoxins: Glyoxylide, Malonide and Benzoquinone (BQ). The chief therapy for cancer recommended by Dr. Koch is Glyoxylide, administered by injection in a solution said to contain one part of partially oxidized inositol to a trillion parts of distilled water.

The other two Antitoxins, 1:4 Benzoquinone and Malonide, Ketene Solution, are said to be effective in allergies, infections, and cancer. Dr. Koch claims that all

three act as catalysts to encourage the destruction of the toxins which he holds responsible for the growth of cancer tissue.

They are administered in combination with a strict diet, combined with High Enemas." - in "Unproven Methods of Cancer Treatment", American Cancer Society, 1961.

> *"The National Health Service (NHS), is overstretched and underfunded, putting health services under unsustainable pressure. The British Medical Association is calling on the government to close the NHS funding gap." - bma.org.uk/collective-voice/influence/key-negotiations/nhs-funding, 2019.*

Chapter VI

Medical School

"One page of personal experience is worth folios of theoretic fancies". - Dr. Kitchener, MD

"Medical men convert the laws of mind and body into a field of physical suffering, calamity, and death, by their haphazard treatment." - Joel Pinney in "The Antidote for the Causes that Abridge the Natural Term of Human Existence", 1847.

"As a Teacher of Physiology for a number of years, the author is fully cognizant of the fact that the average medical student studies his physiology, not for the purpose of obtaining knowledge, but to enable him to pass the examination. As Huxley says, in reference to the students: "They work to pass, not to know; and outraged science takes her revenge, they do pass, and they don't know." The writer, in questioning one of his former students in one of the large universities, asked him why he studied his physiology, and he said, "In order to pass Prof.'s examination". When asked if he in any way realized the importance of the subject from a standpoint of practical medicine, he answered that he did not. In personal contact with something more than 3,000 students, the author has found that few men appreciate the importance of a knowledge of the normal functions of the human organism in its relation to practical medicine, and he does not believe that he has seen 3 students out of the 3,000 who realized that an essential foundation of practical therapeutics must be based upon their knowledge of their anatomy and

physiology." - Dr John P. Arnold, MD, in "The Dietetic and hygienic gazette", V.20, 1904.

"I never became a real doctor until I forgot 95% of what I was taught at Edinburgh Medical School." - Dr Ulric Williams, MD of Wanganui, the Greatest Doctor of New Zealand.

"I realized how little I had learned in medical school about health. Most of the medicine as practised in America today is involved with eliminating symptoms by poisoning healthy systems in order to re-establish a balance within the body. Thus, we poison the enzyme system of the kidney to prevent salt retention, poison the regulatory mechanisms from raising body temperature, and poison the nervous system to eliminate pain, anxiety, and depression. The patient is less healthy, but at least symptom free. To me this is not healing, and obviously this approach would be eventually fatal." - Dr Ernest F. Pecci, MD, in "Report on severely physically handicapped and mentally retarded children of all ages", January 1972.

"Advice from Dave Sackett, the father of evidence based medicine: Half of what you'll learn in medical school will be shown to be either dead wrong or out of date within 5 years of your graduation; the trouble is that nobody can tell you which half—so the most important thing to learn is how to learn on your own." - Richard Smith in "Thoughts for new medical students at a new medical school", BMJ, 20 Dec. 2003.

"Common Sense Medicine, it's the Medicine we thought

we were going to learn in Medical School. There is a gross mismatch between the Medical Education System and the Healthcare needs of our Population." - Dr. Rangan Chatterjee, MD, June 2016.

"Most of what we know is wrong." - Dr. Joshua Korzenik, MD, Leading Irritable Bowel Disease Researcher, 2018.

"I would a thousand times rather he knew psychology, sociology, the healing power of love, friendship, and music, as well as practical anatomy and physiology, plus the principles of dietetics and hygiene, than to be on speaking terms with every microbe. I would also want to know what the examinee knows about health—not merely disease.

The College Itself

There is more rational medicine or therapeutics taught in many a small school or college than in the large, beautifully decorated school with massive marble walls, high ceilings, many microscopes, fancy test tubes, baseball teams and tennis courts.

Some of the most prominent physicians in the United States came from small, almost unheard of colleges or universities, and as for preparatory requirements, such as a high school diploma, one or two years' academic work, so many units for college work, or a degree such as B.A., and the like, as a prerequisite to entering a medical college, let us be reminded that some of the most prominent and successful physicians of our time have been men who entered college when the two-year course was still in vogue.

And those college years meant practically five months' work a year. Many a student worked part of the day or remained out of college many days at a time because he had to work to make ends meet while going to college, and yet, he became an intelligent, prominent and successful doctor.

Not only that, but many of these same good, elderly men in the profession never went to a public school further than the fifth or sixth grades.

There was a time when, if a young man studied under his father or uncle for a certain length of time (and, who will swear that he "put in full time") he was then permitted to take an examination, and if he passed, received his license to practice. Later on, some of these physicians became the teachers,—and the professors in colleges.

They, themselves, did the teaching to others. Some wrote wonderful articles in medical and popular journals and even wrote textbooks that we younger and modern physicians consult from time to time.

Again: the truth is that natural adaptability and low for the healing art and knowledge is more essential or important as a requisite for matriculation and preparation, in a medical school, for the life work of being a physician in the full sense of the term, than is mere academic knowledge, usually crammed into the brain, in order to "pass" examinations, and obtain the needed degree or diploma.

In other words, so-called education (the kind you are supposed to receive at high schools and certain colleges) is not always a complete, true or absolute requisite for a fundamental knowledge of principles in the study of man, in Health and Disease. Further, it simply proves that the school does not necessarily make the man, but that the man makes the school.

Real Education Versus Engraved Pieces of Paper

Far be it from the author to decry or belittle the value of real education. In fact, the more genuine education and real knowledge the better, but we claim that merely having "passed" high school examinations or "going through a college" is not in its last analysis a real and sufficient requisite or "preliminary" for a medical education.

We would rather admit a young man who possesses good common sense and only a common school education plus

adaptability and low for the healing art, than a "silk hose, fancy, necktie dude," who just arrived "fresh" from college with his B.A. in hand (not in head) and who would never matriculate, forcing him to enter school or because "ma" thinks it is "so nice" to call her pet boy "doctor."

We would prefer common sense and love of human service, plus ordinary knowledge, any time to artificial or routine training (sometimes stifling individuality) and "parrot-like education." The mere possession of a piece of engraved paper (diploma) is no true indication of what is stored up in a man's cranium.

The Progressive School

It would seem that medical schools should have "a chair" for each system of medication. The Allopathic, Eclectic and Homeopathic systems should be taught by the respective experts on the subjects. In this way the young physician would know all systems of medication and could adopt any system (or combination of systems) that appealed most rationally to him, or select from all systems that which appears the most wholesome, reliable, effective and natural. Why not teach also in the schools all the drugless methods? Osteopathy, Mechano-therapy, Hydropathy, Chiropractic, Dietetics, Mental-therapy and all other systems of treatment should be taught under one roof. Why not?

What harm could there be in it? Why not be tolerant? If there is good in any of these "new" methods of treatments, let men know them and adopt them, and if not, they can surely discard them or not even accept them. It may seem to those who have not investigated this phase of the subject that a study of all systems of healing —drug and drugless— might prolong the course of study to 8 or 10 years, instead of four or five as now, but such is not the case.

If some of the subjects in the medical colleges were eliminated, such as Serum Therapy and Bacteriology (should be studied under the domain of Biology at High School, at the University, under private tutorship, or alone), and if all teachers were full paid teachers and were real

pedagogues, even a two-year course (one year for theory and one year for practical work) would be sufficient for most persons of intelligence. I believe that this advanced view may disturb the "dignity" of some, who still worship the "hurrah spirit" of my alma mater, my class, my college and my profession, but we feel confident that a close study (without prejudice or monetary interest) will convince all truth-loving persons that this view and suggestion is correct and timely.

The present four and five-year system—full of technicalities (largely of academic importance) is uncalled for and works a hardship on those who would love to study health and the healing art.

In that way the young physician would come out more of a "finished product," and he would not be prejudiced. Thus the public, as well as the doctor himself, would be better off.

The old, narrow training and feeling that only "my ideas" are right, and Jones' ideas are not even worth listening to, is all wrong. Let us have democracy, even in the study of medicine. We are living in a more progressive age and it would be very timely and becoming.

Teaching and the Teacher

If we cannot have real teachers, and real teaching on real subjects, then let us give up the schools. A teacher should have the right to teach as he thinks best for his class in view of his subject. He should not be discharged by the Board of Trustees for having discovered a fact, nor for giving the fact to the class.

We should adhere to the proven truths even if they are old truths. We should not teach that of which we know nothing. We should do less guessing and more thinking. Schools should not exist for the sake of books, instruments, and politics, but everything, so to speak, should exist for the sake of the school, which should be the medium through which knowledge of health is imparted for the sake of alleviating human suffering and preventing human ailment. Schools should be places where the laws of nature are

taught and where we may learn that the violation of nature's laws means suffering and untimely death, whereas, complying with nature's laws means comfort, health, vitality, happiness and longevity." - Dr Simon Louis Katzoff, MD, in "Timely Truths on Human Health", 1921.

Medical Training

"Today's medical training is based upon pronouncement and opinion rather than on investigation and scientific experience. In medical schools students are bombarded with information but denied the time or the opportunity to question the ex-cathedra statements which are made from an archaic medical culture." - Dr. Vernon Coleman, MD, Dsc, in "Amrit-Manthan - International Journal"

Something Missing

"I qualified for Medical School, and I was ready, I was full of enthusiasm, full of passion, ready to go out and help people. But I always felt like there was something missing.

I started off as a specialist, and moved from being a specialist to becoming a generalist, or a General Practitioner. And always got this nagging sense that I was just managing disease or simply suppressing people's symptoms. So I started reading, and as I started reading, I started to learn a lot of science, a lot of science that I did not learn in medical school, a lot of science that I thought:

"Hey, this makes lots of sense to me"

So I started applying this science. I started applying it, first of all, with my son, and I saw the amazing benefits. So then I started applying it with my patients, and do you know what happened?

People started Getting better! Really Better! You see, I learnt how to resolve the root cause of their problems rather than simply suppressing their symptoms." - Dr Rangan

Chatterjee, MD in "How to make Diseases Disappear", TEDxLiverpool, 2016.

The Chief Object of Medical Men

"The object of hygiene is to inquire into that which gives rise to any impediment to the due performance of the bodily functions, and thence to deduce the means of preserving or restoring health. For, when once the cause is appreciated, the means of preservation from its influence are commonly manifest.

Would it be believed that there is scarcely a medical school in this country in which any special provision is made for teaching the doctrines of hygiene, as the true basis on which a knowledge of the conditions which regulate the healthy action of the bodily organs may be applied in the prevention, detection, and treatment of disease?

The chief object of medical men appears to be to discriminate and cure diseases; and thus they overlook the indirect and substantial aid which an acquaintance with the laws of health would afford in restoring the sick, as well as in preserving the healthy from disease." - Joel Pinney in "The Antidote for the Causes that Abridge the Natural Term of Human Existence", 1847.

Clinical Observations

"Though I found the clinical results of increasing water impressive, I became intrigued by my patients reporting significant improvement in their overall energy as well as their cognition, often within days of upping their water while at the same time reducing ingestion of dehydrating liquids like tea.

I began to suspect a fair amount of fatigue – both severe in Chronic Fatigue Syndrome, and less so in the typical malaise reported by so many in this day and age – has as a significant component, chronic low grade. My clinical

observations led me to an intensive review of the literature on cellular energetics, both academic and more popular, including the books of Dr. Batmanghelidj, many of them well-referenced.

I began to suspect that everything I had been taught about the subject of water in my highly "sophisticated" biochemistry courses in medical school may have been very much misguided." - Dr Kelly Brogan, MD, 2018.

Fascia Removal from Anatomy Books

"Fascia ...you don't see it when you open an anatomy book because it has been scraped away, when you go, the body exhibit it has been scraped away, but it has been scraped of everything" - Dr. Thomas Findley, MD, PhD in "Fascia Research: 100 Years Since Andrew Taylor Still", lecture at Touro College of Osteopathic Medicine, 28 November 2012.

Nothing To Do

"Dr. Ana Claudia, MD: I went to Faculty at 18 years old, at the Sao Paulo University, and we enter Medical School with a great dream, that we will take care of people, that we will help and cure people. Throughout Medical School, I found that there was an absolute apathy towards the suffering of the people.

Everyone worried, but my professors who took a lot of time to offer the science for the patient's disease, and what the patient suffered from the disease was never valued.

I asked to my professor what is he doing?

The patient is in a lot of pain!

He is dying!

The professor replied that he has nothing to do.

I replied: How come you don't have nothing to do?

I'm in the School of Medicine, how come we have nothing to do? Where is the science that bows before such a response? It has nothing to do with figuring out what it has to do.

Question - The result of your insubordination was what? You were classified as?

Dr. Ana Claudia - A person incapable of being a doctor, I had Pathological Empathy.

Question - When does too much empathy becomes something that disables people to see their place in the Profession of Medicine? Something is not right. Does this has anything to do with the fact that it is growing, not only in Brazil, but in the World, but here in Brazil the number of suicides among students of medicine and of young doctors?

Dr. Ana Claudia - I believe that this whole issue of the existential suffering that people have faced, and now they face and talk about it, and they are not heard, they bring that perception that there is no way, that there is no way out. When I was a college student, I seriously thought about it too, because there was no point in doing everything I ever dreamed of being what it was to be a doctor, and then having someone to say that I was not able to.

Question - But what are you saying and what do you also thought about suicide?

Dr. Ana Claudia - I thought, and I planned everything.

That is one thing that all this context of you being an undergraduate student. You go into medicine, your life is at risk, you passed the college entrance examination for medicine you also are at risk. And then what happens, we now have a cruel position in relation to the training of the medical doctor, because it greatly instigates the need for technology.

And that we will soon be replaced in the next few years by robots. What will not be replaced, is the human contact, that sensitivity, which was condemned as a flaw of character, a technical fault. If you are sensitive to have emotions before

a patient, a family.

This was considered reprehensible by a medicine doctor, today I see that those who do not know how to be moved are condemned to be unhappy in the practice of this work and less competent." - Dr Ana Claudia Quintana Arantes, MD, in interview by Pedro Bial in "Red Globo TV", 2018.

William Harvey

Dr William Harvey, M.D., (1578–1657) was an English physician who made seminal contributions in anatomy and physiology.

He was the first known physician to describe completely and in detail the systemic circulation, and properties of blood, being pumped to the brain and body by the heart.

The Prejudices of the Profession

"When Harvey discovered the circulation of the blood, a problem which medical men had been assiduously investigating for seventeen centuries, he knew so well the inveterate prejudices of the profession, and its blind adhesion to ancient dogmas, that for many years he did not dare to publish his discovery to the world.

And when he did announce it, some 10 years after he had completely demonstrated its truth, he was reviled and persecuted by his medical brethren.

And it is recorded in medical history, that not a single physician over forty years of age ever acknowledged the truth of Harvey's discovery.

But if Harvey's discovery, which in no way affected the interests of the profession, and did not very materially disturb the prevailing practice, elicited such bitter opposition, what may not we expect when we announce a doctrine that not only revolutionizes the whole system of medical practice, but virtually annihilates the whole medical profession?" - Dr Russel Thacker Trall, M.D., in "The True Healing Art", 1862.

The circulation of the Blood was a discovery of colossal importance

William Harvey published in 1628 in a book called "On the Motion of the Heart and Blood", but instead of this important discovery bringing fame and more patients to William Harvey instead the medical establishment tried to discredit him:

"No physician in Europe who had reached the age of 40, ever to the end of his life adopted Harvey's doctrine of the circulation of the blood." - Dr Alexander Wilder, MD in "History of Medicine", 1904.

This campaign against the new ideas of Harvey carried on for some years and almost brought him ruin. The medical trade dislikes innovations and tend to stick with old costumes, no matter if they work or not.

The Persecution of Dr William Harvey by Medical Trade

"Harvey was persecuted, and, says Renouard in his History of Medicine, "The announcement of Harvey on the circulation of the blood, caused a general stupefaction in the medical world, and gave rise to much opposition. This theory which appears to us to day so natural, that we conceive with difficulty why it was not found much sooner, was nothing less than a revolution in Physiology."

It continued no less than 25 years, and there was not a man at that time who made any pretensions to a knowledge of Anatomy and Physiology, who did not take an active part in it.

Finally Plempius of Louvaine, one of the most fiery adversaries of this theory, gave way to the force of truth, and passed with a free will over to the ranks of its defenders in 1652. This was a great triumph to Harvey, and brought so much additional support to his doctrine, as nearly to silence

all opposition." - in "Four Lectures on Homeopathy", 1868.

"Experience shows that the object of medical schools is to perpetuate a certain system of thought, and nothing more. They know but little now about the body's functions, and previous to the modern discovery of the circulation of its fluids, they knew much less.

Until Harvey made that discovery the modern world was without a fundamental principle upon which to base any attempt to rejuvenate the body. This knowledge is still so new, that medical schools are in darkness on the subject of rejuvenation.

It is now known the blood is a vast transportation system, with many functions. It carries new material to all parts of the body to repair and renew its constantly decaying cells, and carries off for elimination their waste and excretory products." - George R. Clements, in "Live Better", 1962.

Can talk Latin, Greek and English, at the Bed-Sides of their Patients

"The Doctor is an able anatomico physician. His professional knowledge is, in fact, more mechanical than scientific, and this, we conceive, accounts for his having sanctioned certain by-laws of the College of Physicians, to destroy that spirit of emulation which so powerfully tends to the promotion of science.

Our sketches of Sir Henry Halford, Drs. Powell, Cooke, Maton, Lambe, and others, are valuable guides for junior practitioners. They point out the road which leads to true honour. In the trying hour of affliction, they can bring the aid each department of medicine affords, to the relief of their patients.

To the guidance of such men, a patient resigns himself with the certain conviction, that all that art can do will be faithfully done to restore him to health.

He is satisfied no wild theories of flights of fancy will be put into practice, and that his life will not be tampered with,

for the sake of lucre. Our non-medical readers will naturally inquire, why such men should countenance by-laws, which militate against the progress of science, and of course, the good of the community?

Why they have not opposed laws which are illiberal, and clearly adopted from sordid motives, is to us a matter of astonishment.

The existence of such laws we regard as a proof that the majority of the college does not consist of such characters.

Physicians, acquainted with every branch of medicine, being only capable of affording patients the full benefit of medicine in its present improved state, we consider the only ones that are entitled to the distinction of regular physicians, having received a proper, and therefore a regular education.

The lives of Drs. Ainslie, Stone, Pemberton, Warren, Sir Lucas Pepys, &c. are highly interesting, inasmuch as they throw much light on fashionable and classical medicine. These gentlemen can talk Latin, Greek and English, at the bed-sides of their patients, and in the dead languages every thing must be learned, if not scientific.

They style themselves regular physicians. They can write a prescription in elegant Latin, and therefore the medicine must be good. Having had the same University education as the Clergy of the Protestant Church, they have also the great advantage of being able to administer comfort to the soul in hopeless cases of diseases, cases which are not of rare occurrence in fashionable medicine.

This class of physicians has been denominated clerico-physicians. The sketches of Dr. Babington, Dr. Ferris, Sir Matthew Tierney, Dr. Farre, &c. also possess great interest.

These physicians having been educated in the schools of anatomy, surgery, chemistry, &c. are enabled to bring the whole power of medicine to the assistance of their patients.

On commencing practice, they were practically acquainted with the symptoms of diseases, and the effects of medicine. Notwithstanding they are second to none, they are termed by the college, irregular physicians.

The college therefore refuse to admit them into their body, and grant them licences to practise in simple cases of

disease!

Not having resided at an English University, or acquired their classical education there, they assert that their admission would derogate from their dignity! There are other physicians, who boast of superior knowledge of some particular department; for instance, Dr. Pearson, Dr. Marcet, &c. pride themselves on their chemical knowledge.

This class is termed chemico-physicians. Dr. Thornton, &c. on botany; these are termed botanico-physicians. Others confine their practice to midwifery, as Dr. Hawkins, Dr. Sims, &c.; these are denominated physician-accoucheurs; others to mental disease, which are vulgarly termed "mad doctors." The College of Physicians therefore forms a very curious compound. On the obstacles this institution throws in the way of medical science, the spirit of catholicism, by which it is governed, the stationary state medicine has continued in their body, and their honourable motives in opposing the Apothecaries' Bill, their inconsistencies, their shameful neglect of their duty to the public, Sec. &c. we shall make some observations in our next number." - in "The Monthly Gazette of Health or Popular Medical Dietetic and General Philosophical Journal", 1822.

"The popular language of Greece, whereas there does not exist, strictly speaking, one uniform demotic language in the country of Homer and Herodotus, but only many different dialects, the unity of which is insufficient to create a written language of literature and of science. The difficult problem of the language of medicine. It consists of many hybrid terms and a great deal of nonsense, because medicine is no positive science in the highest sense of the word, but only a practical art, which has formed its terminology (or onomatology) in the course of many centuries." - Dr. H.C. Muller, in "New York Medical Journal", 9 Sep. 1911.

"Any patient, confronting his medical mentor, also

learns that Medical Vocabulary makes Archaic Greek sound like first-grade English". - Evelyn Barkins in "Are these our Doctors", 1952.

Chapter VII

Pernicious Effects of Blood-Letting

"Let us study the character of diseases, and let us study the effects of the loss of blood". — Hall

"It sometimes requires no little boldness to abstain from the loss of blood". —Hall

"Among the innumerable abuses practised in the healing art in the present day, that of blood-letting claims a prominent station. It is now resorted to by modern physicians in almost every disease and modification of disease to which the human family is incident.

We see it practised from the high est to the lowest grade of inflammatory fever, and even in the cold stage of intermittent. So popular is the belief of the sanative powers of bleeding that, no sooner than a person feels a deviation from the standard of health, he must lose some blood; if he has a trivial pain in the head or side, the doctor must be sent for to open a vein.

Public opinion ought not to screen my practice from investigation; and especially that which concerns us so much as this, merits at least a few moments consideration.

The blood is truly termed the vital fluid, for by it the animal economy is supported, vivified, and nourished; from it we receive our warmth, strength, and activity, and in proportion as the animal is deprived of its blood, so in the same proportion is it deprived of life, vigour, and strength.

It has been proved by able experimenters, that when the quantity of blood taken from an animal has the same relation in weight to the body of that animal, as one has to sixteen, the result is death.

The blood is distributed by the heart and arteries through

every part of the body, even to the firmest part of the bones; and whenever the quantity sent to any particular parts diminished for any length of time, that part languishes and becomes emaciated, and when the circulation ceases, the member perishes.

The more the body is called into action, the more the blood is required for its support. The construction of the animal economy is such, that when by exertion the parts require a greater quantity of blood to sustain them, the contraction of the muscles causes the blood to be propelled with much greater velocity; hence the reason of the increase of the arterial action in running, leaping, &c. and why labouring people require more nourishment than the sedentary.

After the blood has arrived near the surface of the body, the impurities are here separated from the pure, and are cast off by what is called insensible perspiration, when imperceptible; and when so copious as to appear in drops on the surface, it is termed sensible perspiration; the particles which are still fit for nourishment are again propelled around the system to perform their destined functions.

As this fluid is spilt in almost every disease, and state of disease, to which man is incident, let us examine the principal symptoms which it is intended to counteract; the leading ones are two; they are congestion and increased arterial action.

1st Congestion: In this case we have too great a quantity of blood thrown to a particular organ; but does this go one step towards proving there is too much blood in the system? - No! it proves only that there is an unequal distribution of it, and not too much.

How do physicians treat this state of the system? It is by bleeding, which gives momentary relief, by lessening the quantity of blood; consequently it cannot press so hard on that organ; but at the same time, this debilitates the patient.

The relief is some what in proportion as the patient is debilitated, and generally lasts nearly as long as the debility;

but when the patient regains the natural quantity of blood (if the predisposition is not removed) it again rushes to the diseased organ, then comes another bleeding, and follow debility and exhaustion, and so on in this manner, until at last, death closes the scene.

Here it may be said, the first symptom was congestion, and death is caused by debility from the loss of blood.

A man of the most superficial observation has observed, when an organ is in a congestive state, that the remote parts are cold, and have but a small quantity of blood sent to them.

How are we to treat this unequal distribution of blood on rational principles? nothing more is required than to equalize the circulation whereby the equilibrium is restored, and the system is enabled to perform its functions in harmony, with out the loss of a drop of that fluid which is so essential to life. And to accomplish this, we have nothing to do, but to restore the natural secretions and excretions.

2nd Increased Arterial Action: In fevers, the pulse is accelerated, and the surface of the skin is raised much above it natural temperature.

But this unnatural aspect of things is not owing to the great quantity of blood in the system; but to this, the extreme ends of the arteries, which terminate in the skin are constricted, thereby retaining the perspirable matter within the system, which, when cast off, answers the double purpose of (purifying the blood from morbific humors, and keeping the body at a medium temperature by its constant evaporation and consequent absorption of heat).

It is evident that when this great regulator of the animal economy is stopped, that we shall have an increase of heat by the loss of evaporation; and the morbific humors being retained within the circulation, they act as foreign irritating substances.

Pure blood is essential to the healthy performance of every function of the different organs of the body; this being now no longer in a healthy condition, but intermixed with a foreign substance which irritates every part to which it is

carried, the whole system becomes deranged and irritable, nature struggles to free herself of her harboured enemy, she propels the vital fluid around and around in its wonted course, with an increased velocity, seeking to free herself of her burden, which is at last accomplished by perspiration.

How do modern physicians go to work to assist nature in her struggles?

The simple fact is this, they do not assist her at all, but in the face of all common sense and reason, they bleed, yes, bleed largely. In this case it is recommended by the standard authors of the day to bleed largely; they say, small bleedings will not answer in such cases, they only serve to do mischief, but you must draw from a large orifice, and in a small space of time, a sufficient quantity of blood to produce a shock in the system; or in other words to cause fainting.

Mark this well, is this the path which nature points out?

If a person had a tub of muddy water which he wished to purify, would he draw a part off and throw it away to accomplish this purpose? or would he filter it?

The former is the principle on which bleeding is grounded, and on the latter depends the principle of nature's operations.

When you are sick the doctor draws a pound of pure blood, and perhaps only rids you of a grain of the approximate cause of the disease, without removing the disease; whereas nature throws off the offending cause, without the loss of a particle of that fluid whose natural quantity is so essential to the healthy performance of the respective organs by which the body is supported.

I think it must be evident to every person, after a moment's reflection upon the subject, that the loss of a fluid so important to life must be very injurious; yet when you are sick, your vital power prostrated, the doctor will tell you to be bled is essential to your recovery, and without it there is no hope of prolonging your life.

Is this rational doctrine, when you are prostrated on your bed, your vital energy diminished, your whole bodily powers wavering, and their wonted vigour gone; are we then to snatch away that cordial of life to regain health?

No: this is the practice of the day, it is high time for you to look to yourselves, can you swallow such absurdities as these? will you allow such impositions to be practised upon you, when your life is at stake?

I firmly believe that there is no disease in which there is too much blood in the system; and that there is none to which man is incident, that requires the shedding of blood. The belief in the beneficial effects of bleeding, cannot be supported by reason or common sense, and is altogether absurd and unnatural.

There is not a solitary fact in the restorative operations of nature, that goes to justify such a practice. To say the least of it, it is an artificial, cruel, and murderous practice." - in "Reformed Medical Journal", 1837.

Chapter VIII

Of the Ignorance Existing Respecting the Power of Nature to Cure Diseases

"The art of healing comes from nature, not from the physician. Therefore the physician must start from nature, with an open mind." - Paracelsus

"If it be true as I believe, that the doctrines respecting the power of Nature to cure diseases, promulgated in the present work, are at variance, as far at least as regards degree, with those entertained by many of our best-informed and most experienced medical men, and are at variance in every respect and in an extreme degree with those entertained by the majority of our junior and ordinary practitioners.

It seems requisite that the grounds of so important a difference of opinion should be stated, and the difference itself accounted for, in order that the views here presented may find a more ready and impartial hearing.

It is very natural that doctrines greatly differing from those entertained by men in general, or by the members of the class to which the innovator belongs, should be received with doubt and suspicion, more particularly in cases where the means of arriving at a sound opinion seem to be not only easily accessible, but fully patent to all alike.

The writer feels that he has no right to claim assent to his views, unless he can show how men equally competent to judge as himself, and many of them with like experience, have come to entertain opinions which he believes to be so erroneous, on common matters of fact subjected to daily observation.

It is hoped, however, that the explanations about to be offered will account, in a satisfactory manner, for the entertainment of such different, and, as the writer

conscientiously believes, such false notions, by many of his brethren, without any imputation being thereby cast on their intellectual capacity or on their judgement.

It is much less strange that the same erroneous views should be entertained by non-professional persons; still the extent of ignorance prevalent among the better-educated classes seems, at first sight, extraordinary. It can only be accounted for, by the countenance and support directly or indirectly given to it by professional opinion.

Nature, or, in Other Words, The Inherent Powers of the Animal Economy, Are Either Entirely Ignored

Perhaps there is hardly anything in the whole range of ordinary everyday knowledge, that is, knowledge with which every one is more or less conversant and familiar, which is so little understood by men in general, as the real nature of the medical art, and its actual power in ministering to the relief and cure of diseases.

Respecting this latter point, its power, the ignorance of the lay public is literally extreme. The belief commonly entertained is that, in the vast majority of the cases of disease in which the patient is restored to health, the principal if not the sole agent in this restoration is the artificial treatment, that is, the drugs and other remedies prescribed by the medical attendant.

By such persons, Nature, or, in other words, the inherent powers of the animal economy, are either entirely ignored as having any share in the result, or their share in it is regarded as extremely slight and unimportant. In acute diseases of short duration more particularly, as in many fevers and inflammations, the abatement of the severe symptoms which often ensues speedily after the administration of remedies, is invariably attributed to the active measures usually had recourse to in such cases: a conclusion which, however false, can hardly be wondered at under the circumstances.

When the observer sees bleeding, blistering, vomiting, purging, and all the other heroic arms of Physic, brought into action against the disease, and with the avowed object of curing it; and when the disease is seen to abate or disappear within a short period after their employment; the inference seems inevitable that the artificial treatment was the exclusive agent in effecting the cure.

In chronic diseases, especially those of long standing, the apparent demonstration of Arts powers is not so striking; but still, in the prevailing ignorance of there being any other agency to explain, it, the result is as confidently set down to the treatment as in the other case.

So general, indeed, is this belief, and the confidence in its validity so strong, that it is rarely shaken, even by the most untoward events.

In the most obstinate and prolonged diseases, extending, it may be, over months or years, if the patient at length gets well, the medical treatment still receives the credit of the cure; and the physician, if he has continued to preserve his patient's confidence throughout, is sure to be lauded for his knowledge and skill, in having been able so long to make Art hold its ground against so severe and obstinate a disease, and finally triumph over it.

When the disease proves fatal, it must needs be admitted by all, that medical treatment has failed in its main, object of effecting a cure; but still it is not doubted even here that life has been prolonged and suffering mitigated, the disastrous result being set down as the consequence of a bad constitution, or of an intractable disease. In cases of this kind, no doubt, the attending practitioner is often also freely blamed for his want of knowledge and skill but it is only in rare cases where the powers of his art are inculpated.

It is, indeed, the belief in the acknowledged greatness of the powers of his art, that seems, in the eyes of his accusers, to imply his condemnation: he failed not for want of available power, but for want of available knowledge to apply that power.

All this will be allowed to be intelligible in the case of the ordinary observer; if indeed it is not an inevitable

consequence of the circumstances amid which he is placed, and of the degree of information of which he is possessed.

That he should in consequence entertain a greatly exaggerated idea of the powers of Art, and form a depreciatory estimate of the power of Nature in the cure of diseases seems to follow as a matter of course.

Natural course of the Morbid Processes Occurring in the Animal Body

It will not, however, appear so obvious at first sight, how medical men should fall into the same mistake; seeing that their attention, from the beginning of their studies, must be directed to the natural course of the morbid processes occurring in the animal body, and that their special business is to watch the effects of extraneous influences on these very processes.

And yet when the whole case is candidly considered, it will not appear surprising that the same kind of misappreciation, though in a less degree, should be entertained by them.

When all the circumstances hostile to the attainment of the truth in this particular are duly weighed, I think it will be admitted to be scarcely possible for even the most philosophical student to escape their unhappy influence in the first instance, or to get completely rid of it afterwards.

If the influence is ever wholly overcome, I believe it can only be through the teaching of a long and well-sifted experience, directed and enlightened by an independent spirit, and a due endowment of that philosophical scepticism, comparatively so rare, but essential to all scientific investigation.

The mind of ordinary or inferior power, here as elsewhere can scarcely ever escape from the conventional thraldom in which it has been nursed.

The main obstacles in the path of the medical student and young practitioner, impeding the attainment of the Truth in regard to the Actual and Relative Powers of Nature and Art

in the Cure of Diseases, lie rather in the circumstances under which the subjects are presented to them, than in the subjects themselves.

When we have the proper field for investigation before us, there is very little difficulty in obtaining a positive and accurate knowledge of the power possessed by Nature in relieving and curing diseases.

The phenomena to be observed are neither numerous nor very complex; the facts are easily obtained; and the deductions are both facile and sure. All that is requisite to ensure a positive and pure result is, in the first place, to take care that no artificial interference disturbs the organic processes going on, and, in the second place, to observe and chronicle the progressive events.

It is a case of simple observation throughout; no sifting of premises, no elimination of causes, no grouping or balancing of effects, being requisite to ensure a just conclusion.

The just conclusion - the exact valuation or appreciation of the power under examination, is enunciated in the simple fact, indicating what has been the issue of the organic processes constituting the disease.

The sum total of beneficial modification of the morbid processes, whatever it may be, whether amounting to a complete or an imperfect cure, must be acknowledged to be the exclusive work of Nature; in other words, of the conservative powers inherent in the living body. The finding of a proper field for such observation and study is, however, by no means so easy a task as might, at first sight, appear. In the case under consideration supposed to be capable of affording positive conclusions respecting the power of Nature, it is assumed that no artificial interference of any kind has been allowed to complicate the subject of observation, so as by possibility to modify the result.

It must be admitted, however, that cases so pure, that is, so free from possible modification by extrinsic influences, are rarely to be met with even in the fields which best supply the observer with instances of natural therapeutics.

In no form of medical practice are the agencies which are

classed under the term Regiminal, altogether absent. Such agencies, it is true, do not in general materially interfere with, the premises which supply the grounds for estimating the value of natural therapeutics.

Except in some few cases in which stimulants are used in great excess, these means, as commonly employed, may be regarded, at most, as assisting Nature in her operations, either by directly co-operating with her, or by excluding agencies that tend to obstruct them. They are scarcely ever of such energy as to deserve to be considered as independent agents, capable of producing results differing in kind from those of Nature.

Their influence may, therefore, be approximatively calculated, so as to leave the conclusions deducible from the agency of Nature alone, but little disturbed. The results obtained may at most be estimated as a little more favourable than when Nature is entirely left to her own resources but still they are essentially the same results. And if diseases were commonly treated on the regiminal system only, there would be little difficulty in finding a field where the natural therapeutic powers might be studied, not, indeed, in their absolute purity, but sufficiently pure to allow of intelligible and trustworthy deductions.

The case is very different, however, in the actual state of medical practice, which presents a field of observation very unlike that which mere regiminal treatment would furnish.

Since the Medical Art assumed its present formal, bold, and complicated character, it is only in very rare or exceptional cases that the disease is left to Nature, or treated merely regiminally.

On the contrary, the strongest and most effective powers of Art are usually employed for the very purpose of setting aside or counteracting or modifying, in some way or other, the powers of Nature.

Generally speaking, we may even say that all the heroic arms of physic are invoked purposely to disturb, and obstruct, and overwhelm the normal order of the natural processes. In all such, cases it becomes most difficult to discriminate what may be due to Art from what may be due

to Nature, and, consequently, to measure the respective and relative value of the two, in the cure of diseases.

In the system of ordinary medicine (that is to say, excluding homoeopathy and other inert modes of treatment), which may be considered as comprehending ninety hundredths of all the cases of disease treated by physicians, the discrimination becomes especially difficult, as there can be no doubt that the agencies sanctioned by it are capable of greatly affecting the normal functions of the healthy living body, and also of powerfully modifying the new phenomena produced in it by disease.

It is obvious, therefore, that to obtain a pure field whereon to try this question of the powers of Nature, we must go beyond the limits of ordinary practice, or, at least, must check and chasten the instances derived from it, by other instances of a purer kind.

Fortunately the opportunities of finding such instances, though comparatively rare and exceptional, are yet sufficiently numerous and fruitful to supply to those who seek them, the necessary materials for coming to positive and sound conclusions in regard to this very important matter. It must, at the same time, be admitted that such fields are hardly accessible to the student or junior practitioner; or, if accessible, cannot be cultivated by him with any very beneficial result.

His ignorance, therefore, of this important part of the natural history of diseases, namely, the power of Nature to cure them, need excite in us neither surprise nor blame.

Curative Powers of Nature

The difficulties in the way of the student and young practitioner, in obtaining an accurate knowledge of the Power of Art in the cure of diseases, are somewhat different in kind, and vastly greater in degree. When we have examined the principal of them, we shall be as little surprised at the ignorance of medical men respecting the real powers of their own Art, as respecting the powers of Nature, in modifying and curing diseases.

There can be no doubt that the grand fundamental obstacle to the attainment of a true appreciation of the powers of Art, arises from the student's ignorance of the Natural History of Diseases; in other words, from his ignorance of the curative powers of Nature.

This knowledge, if instilled into the mind in an early part of the student's career, would act as a perpetual and ever-ready lamp, to clear up many of the greatest obscurities of therapeutics, and enable him to eschew much of the false logic and many of the false conclusions which are inseparable from ignorance of premises essential to the investigation.

Without such illumination in his early progress, to enable him to find and to know the right way and the wrong way, it is no wonder that his subsequent career should be beset by doubt and error. Greatly as it is to be lamented, it is not difficult to see how this remarkable defect of knowledge has been incurred by medical men, both in their pupil age and in their subsequent practical career.

The following are some of the more obvious causes leading to this result :

1. The first and most important of these causes, is the defect existing in all medical schools, of having no distinct chair for instruction in the Natural History of Disease, and the consequent neglect of it, or very inadequate attention given to it, by the professors of Pathology, Physiology, and of the Theory and Practice of Medicine, in whose courses alone any consideration of it could be expected.

2. Another and equally important cause is the impossibility of young men being able to prosecute by themselves such a study, while still students, owing to there being no open field for it in hospitals or dispensaries; every case there presenting itself being seen under the influence of medical treatment.

3. Again, great difficulties exist in the way of the hospital

or private practitioner, of creating for himself a proper field for such a study. Of these difficulties we need only here notice the following:

a) The Practitioner's own conscientious scruples against leaving any cases to the unassisted care of Nature from natural doubts or fears, magnified by his previous teaching , that he might thereby be injuring his patients or even endangering their lives.

b) The non-conviction or non-perception of the utility of the knowledge to be so acquired, preventing the suggestion of such trials; a natural result of his previous education, which inculcated the exclusive action of Art in the cure of diseases.

c) The dread of being exposed to the charge of mal-practice or dangerous practice, in the eyes of his pupils, or brethren, or patients, if he omitted the ordinary remedies in severe diseases, and trusted to the natural restorative powers of the system.

4. It will also be admitted that since the great increase of charitable medical institutions in all parts of the country, it is not easy to meet with cases, even among the lowest classes, entirely left to Nature; while, from the natural instinct to seek relief from suffering, the rich of all ranks, almost invariably place themselves under some sort of treatment, regular or irregular; and there is never found any deficiency of practitioners of both classes who are ready to give their services.

5. Finally, we must not pass over, as an uninfluential cause, the inability of practitioners, from prejudices of education, to see in cases treated by them with remedies either inert or adverse to a cure, the results of the spontaneous operations of Nature, whether favourable or unfavourable; and the consequent inability to profit by the examples before them.

How this ignorance of the natural history of diseases generally, and of the extent of the curative powers of Nature more particularly, operates in misleading the judgement of practitioners, and in leading them to an erroneous appreciation of the powers of Art, becomes manifest on the slightest examination of the subject.

If the vulgar notion of diseases and of the action of remedies were true, viz., that Nature has little or nothing to do with the cure, and that remedies in general act with some direct or specific power in curing diseases, it would be as easy to judge of the power of Art, as we have seen it to be, in the proper cases, of the power of Nature. There would then, indeed, be the same facility in obtaining trustworthy results on the one side, as on the other.

All that would be necessary in this case would be merely to apply the remedies and note what followed. There would, in fact, be no more difficulty in attaining positive truths in therapeutics, than there is in any of the sciences and arts that have to deal with inanimate matter.

Like the engineer who sees his steam-engine immediately commence action when he admits the steam to the piston; or the chemist who finds his alkali neutralized and converted into a constituent portion of a neutral salt so soon as he has added an acid to it; the physician would require no other evidence to establish the fact of the cure of a disease by his treatment, than the evidence of his own senses proving the simple facts of the sequence, the application of the remedy, and the removal of the disease. But how widely different is the truth from this!

So far from the facts of therapeutics being of this simple and obvious character, their evolution constitutes one of the most difficult of problems; so difficult, indeed, as to be in a large proportion of instances, positively unsolvable.

It will be shown in a particular manner, here-after, that the power of the system without any artificial aid, suffices, in the great majority of cases, so to modify the actions constituting diseases, as to diminish or relieve them, or to remove or cure them.

It will also be shown that the artificial agents termed

"remedies", when they influence diseases in the way of diminution or cure, influence them (in the great majority of cases at least) by and through precisely the same agency as that which obtains in the case of spontaneous cures. In both cases, to state the truth more precisely, it is literally the same identical agency that is at work, viz., the vital actions and powers inherent in the organism.

In both cases it is Nature and Nature alone that operates and effects the relief or cure; the sole difference being that, in the case of spontaneous cure, she does her work without a prompter or director or helper, while, in the case of cure by Art, she does the same work and by the same instruments, but only, or at least partly, by extraneous suggestion, or with extraneous aid, or through extraneous compulsion. However favourably we may look on remedies, and although we may admit their validity in many cases, they can at most be regarded in relation to the case of most diseases, only as the voice, hand, whip, or spur of the rider are to the progression and course of the horse: they may stimulate or excite the natural faculties to do the work which they themselves have no power to do.

They may possibly, also, regulate or direct the course of action of the natural faculties (as the rider guides his horse) so as to force them to a speedier or even to a different issue; but the essential agency in both cases is exclusively in the individual organism, not in the extraneous spur; - the muscles of the horse in the one, the vis medicatrix in the other. The only exceptions to this general rule are the comparatively few and insignificant cases in which the therapeutic agents act on the morbid state directly or specifically, as will be shown in the case of the remedies termed "specifics."

And it is to be remembered that this natural curative power is not one that operates merely occasionally or feebly; but one that is always present, always active, and possessed of sufficient force to cure the great majority of diseases without any extraneous assistance.

It must be obvious, therefore, that to overlook this inherent curative power, in any attempt to estimate the

value of Art in curing diseases, would be to overlook, to say the least of it, a most important agent.

Such an oversight would be equivalent to that of the chemist who, in his manipulations, should be either ignorant of the presence of, or make no allowance for, another reagent precisely similar to the one he was applying; or to that of the arithmetician who, while operating with it, should overlook the existence of an item in his problem, calculated to double his sum total; or, still more accurately, to that of a rower in a boat on a river, who, in estimating the cause of progress between its banks, should make no allowance for the motive force of the current, but attribute the whole of his advance to his own exertions at the oar.

The explanations given above would almost seem impossible, at least in the case of the medical man. And yet nothing less than this is the oversight constantly committed by all laymen, and by many medical men, in coming to the conclusions they entertain respecting the power of Art in the cure of diseases; and such is the doctrine actually or virtually inculcated in the minds of most medical students through their whole career. Can we be, therefore, surprised at their ignorance in after-life, respecting the actual powers of both Nature and Art?

Ignore or Depreciate the Working of Nature

The additional circumstances now to be mentioned, influence the mind in a less direct and positive manner, but still their influence is considerable in leading to the same result.

They all concur in creating a disposition in the mind of the observer to ignore or depreciate the working of Nature, and to magnify, if not to hold as exclusive, the working of Art.

Among these circumstances, a very common one is the attributing to drugs or other remedies, formally prescribed, results which really flow from other concomitant influences, not purposely brought into action, it may be, yet incidental

to the new relations of the individual in his capacity of Patient.

Among results apt to be so misinterpreted may be mentioned those produced by the cessation of some morbific influence on the adoption of new and healthier habits, or by the establishment of some new and wholesome influence.

Of this kind may be mentioned cessation from over-exertion, bodily or mental, or, the reverse, cessation from under-exertion; change of locality, house, air, climate, scene, season, diet, society; confidence in the physician or the treatment, &c. Habitually bent on the contemplation and expectation of medicinal action, the mind easily overlooks influences much more potent but not perhaps so immediately or so prominently operative.

A still more important and prolific source of these false estimates, indirectly leading to the undue glorification or over-appreciation of the Medical Art, especially of that part of it ministered to by drugs, arises from the vast discrepancy that exists in the natural character, progress, and results of diseases bearing the same name, during the same period of time or at different times.

This discrepancy may depend on a great number of causes, some of which may be known, but the majority of which cannot be known.

Under this head may be reckoned, as the two principal difficulties:

1. The difference of the same disease at different times as to its essential character, whether manifest or hidden;

2. The difference of individual constitutions, as to their mode of manifesting the effect of the same morbific cause, and their power to sustain it.

Owing to the first of these circumstances, we see diseases bearing the same name exhibiting, at different periods, or at the same period in different places, phenomena and results extremely diverse; on the one occasion proving rapidly and most extensively fatal, and at another affecting individuals

mildly, and leaving few victims behind them. As examples of this fact, we might name almost all acute diseases that ever assume anything like an epidemic character. Every practitioner of any experience must have witnessed it in the case of scarlatina, smallpox, typhus fever, and Indian cholera.

The philosophical and truly experienced physician, of course, makes allowance for the diversity of the data he has to deal with in the two cases, and tries to estimate and appreciate the results accordingly; but even he finds it frequently impossible to say how much of the success or non-success is owing to the inherent differences of the two sets of instances, or to the treatment adopted.

By ordinary routine practitioners and the lay public generally, the difference of the results in the different visitations of the same disease, or in the different periods of the same visitation, or in the different localities of its prevalence, is sure to be regarded as evidence of the effect of some particular kind of treatment; and the note of triumph or of reprobation is often sounded accordingly.

Were it not so humiliating to the philosophy of our art, it would be amusing to read the chronicle of every epidemic disease, regarded from this point of view, and duly recorded in the pages of our medical journals, as unequivocal testimonies of the power of Art, and inferentially of the skill of the chronicler!

The second circumstance, the difference of individual constitutions as modifying the phenomena and the results of disease, is one of universal and daily observation, not only in epidemical diseases, but in all diseases, whether acute or chronic. Its unquestionable influence in giving special characters to the same malady in different individuals, opposes difficulties of the same nature, and of the like formidable amount, to our attempts to obtain a just appreciation of results in therapeutics.

Under precisely similar treatment, owing to this cause, we find the same diseases at the same time exhibit phenomena, progress, and events entirely different. And here, also, while the man of science is merely puzzled and humiliated by his

acknowledged ignorance, and felt want of power, the rash, illogical practitioner finds ample materials for his groundless inferences, for his pitiable self-gratulation, or his still more pitiable condemnation of his brethren.

To these special obstacles to the attainment of truth in therapeutics, must be added one of a more general character, based on the very nature of the Medical Art.

Unquestionably the most zealous advocates of the dignity of the Medical Art, must admit that if it is not altogether conjectural, many of its most important conclusions must be allowed to rest on no better foundation than the balance of probabilities; and no one who knows the difficulties that beset and obstruct the attainment of truth in all the other departments of knowledge having a like foundation, can expect any exception to be made in favour of medicine.

In the department of physical science, as in meteorology and agriculture; and in the department of moral science, as in politics, political economy and morals; the same inherent difficulties and the same uncertainty of results are universally acknowledged to obtain.

Truth is, no doubt, attainable, to a certain extent, in all, but is most difficult of attainment in all; and can only be reached by the most patient investigation, by the separate sifting and weighing of every alleged fact and of every possible influence, and, above all, by the accumulation of such an enormous quantity of instances on every side of the question to be investigated, as shall warrant their being submitted as proper subjects of the Calculus of Probabilities.

Now if we subject any department of practical medicine to this rigid investigation, we shall soon perceive the immense difficulties of attaining such results as philosophy can sanction and adopt.

In the department of Therapeutics, more especially, with which alone we are at present concerned, such difficulties beset us on all sides. Some of these have been already noticed, but the catalogue is far from being exhausted; and many others press on us for discussion, if this were the proper place to undertake the task.

After the preceding illustrations of the extremely complex

and difficult problems presented for solution in the therapeutics of Art, it need excite no surprise in any philosophical mind, that the contemplation.

I can hardly say the consideration, much less the investigation, of them, should have generally issued in egregious mistakes and misappreciation in the hands of medical students, who may be said to be not merely ignorant of some of the most important data essential to the inquiry, but who are necessarily biassed and prejudiced in favour of particular conclusions." - Sir John Forbes, MD, Physician to Queen Victoria from 1841 to 1861, in "Of Nature and Art in the Cure of Disease", 1857.

Chapter IX

Medical Practice

Harvey Cushing in "The Life of Sir William Osler"

"No class of men needs friction so much as physicians; no class gets less. The daily round of a busy practitioner tends to develop an egoism of a most intense kind, to which there is not antidote. The few setbacks are forgotten, the mistakes are often buried, and then years of successful work tend to make a man touchy, dogmatic, intolerant of correction, and abominably self-centered.

To this mental attitude the medical society is the best corrective, and a man misses a good part of his education who does not get knocked about a bit by his colleagues in discussions and criticisms." - P. 447

"The curious tendency of physicians to become victims of the malady in which they have specialized." - P. 479

"In an extemporaneous address the Albany, NY medical student in 1899 he addressed the need of cultivating the head and the heart. There is a strong feeling abroad among people - you see it in the newspapers, that we doctors are given over nowadays to science; that we care much more for the disease and its scientific aspects than for the individual.

I don't believe it, but at any rate, whether the tendency exists or not, I would urge upon you in your own practice, to care more particularly, for the individual patient than for the special features of the disease. Dealing as we do with poor suffering humanity, we see the man unmasked, exposed to all the frailties and weaknesses, and you have to keep your heart soft and tender lest you have too great a contempt for your fellow creatures. The best way is to keep a looking-glass in your own heart, and the more carefully you scan your own frailties the more tender you are for those of your fellow creatures." - P. 489-90

On the Educational Value of the Medical Society

"Hardly anyone keeps up his interest in knowledge throughout a whole life. The troubles of family, the business of making money, the demands of a profession destroy the elasticity of the mind. The waxen tablet of the memory, which was once capable of receiving 'true thoughts and clear impressions', becomes hard and crowded." - P. 601

"To accept a great group of maladies against which we have never had and can scarcely ever hope to have curative measures, makes some men as sensitive as though we were ourselves responsible for their existence. These very cases are 'rocks of offense' to many good fellows whose moral decline dates from the rash promise to cure.

We work by wit and not by witchcraft, and while these patients have our tenderest care, and we must do what is best for the relief of their sufferings, we should not bring the art of medicine into disrepute by quack-like promises to heal or by wire-drawn attempts at cure in what old Burton calls continuate and inexorable maladies.

From The Treatment of Disease BMJ, 1909, ii, 185-9: The great struggle with that many headed monster, Polypharmacy, the practice of discharging a heavily, loaded prescription at every malady, or at every symptom of it. I have often been branded as a therapeutic nihilist. I bore this reproach cheerfully, coming as I knew it did, from men who did not appreciate the difference between the giving of medicine and the treatment of disease." - P. 865

Angina in Doctors

"A point that stands out prominently in my experience is the frequency of the disease in our profession. For the same reason, doubtless, that Sydenham gives for the incidence of gout, "more wise men than fools are afflicted" angina may almost be called "morbus medicorum", the frequency with which doctors die from the disease has become the subject of

common remark. From John Hunter onwards, a long list of most distinguished men have been its victims.

In a group of 20 men, every one of whom I knew personally, the outstanding feature was the incessant treadmill of practice; and yet if hard work - that "badge of our tribe" - was alone responsible would there not be a great many more cases?

Every one of these men had an added factor - worry; in not a single case under 50 years of age was this feature absent, Listen to some of the comments I jotted down of the circumstances associated with the attacks: "A man of great mental and bodily energy, involved in speculations in land", domestic infidelities; troubles with the trustees; lawsuits, domestic worries, and the case goes on. At least six or seven men of the sixth decade were carrying loads light enough for the fifth, but too much for a machine with an ever lessening reserve." - P. 899

Specialists and Specialism

"I fear the day may come when a specialist will no longer be a physician looking at the body as a whole, but one with more and more complicated instruments working in a narrow and restricted area of the body." - A. Mair, in "Sir James Mackenzie MD 1853–1925: General Practitioner", London: Royal College of General Practice, 1986.

With Regards to the Medical Clinic and Medical School

"It is attractive to think of a group of super-clinicians, not bothered with the cares of a consulting practice, and whose interests are in scientific work.

Against [this] may be urged the danger of handing over students who are to be general practitioners [or

dermatologists in practice - DJE] to a group of teachers completely out of touch with the conditions under which these young men will have to live.

The Clinician should always be on the fighting line, and in close touch with the rank and file, with the men behind the guns, who are doing the real work of the profession.

Would there not be the danger of the evolution, of a set of clinical prigs, the boundary of whose horizon would be the laboratory, and whose only human interest would be research? I know how hard it is "to serve God and mammon" to try to do one's duty as a teacher and to live up to the responsibility of a large department etc.

I had 31 years of uninterrupted hard work. William Pepper, my predecessor in Philadelphia, died of angina at 55; John Muser, my successor, of the same disease at 53! After listening to my story you may wonder how it was possible to leave a place so gratifying to the ambitions of any clinical teacher: I had a good innings and was glad to get away without a serious breakdown." - P. 1072

"'The history of chemistry, as indeed of all science, is but a succession of epitaphs upon forgotten men and forgotten discovery. What then, do these men not owe to him who gathers up their works, and in so doing recalls their achievements....." - P. 1104

"**In war the microbe kills more than the bullet.**

Malaria, cholera, typhus, typhoid, dysentery have been the scourges of armies...

What I wish to urge is a true knowledge of your foes, not simply of bullets, but of the much more important enemy, the bacilli. In the wars of the world they have been as Saul and David - the one slaying thousands, the other tens of thousands. I can never see a group of recruits without mentally asking what percentage of these fin fellows will die legitimate and honourable deaths from wounds, and what percentage will perish miserably from neglect of ordinary sanitary precautions." - Harvey Cushing in "The Life of Sir William Osler", Page 1113, 1940.

Chapter X

Psychiatry

"How you evaluate if someone is cured or sick? Psychiatric illness, is not really an illness. Cure is certainly something we look forward to, we have no earthly idea how to accomplish. We're not good at causes we don't know what causes mental illness". - in Documentary, "Psychiatry, an Industry of Death", 2006.

"Ritalin (methylphenidate) is a psychiatric medicine, this medicine has been indicated mainly for the treatment of children who are supposed to have a supposedly neurological disorder that is attention deficit disorder, it has the same active principle of cocaine that drug in a prolonged way you produce the effect of chemical dependence." - Lygia De Sousa Viegas, Psychiatric, MD, 2015.

The Merits of Psycho-Analysis And the Claims of its Advocates

"We have failed to see any results in institutions where these methods have been intensively applied. The extravagant claims made by its advocates are without justification or foundation. Freudism has proven to be a tremendous handicap to psychiatry. For those who have built up this elaborate and fantastic scheme are not willing to consider any other factors, no matter what results have been shown.

The individual, as a whole, must be thoroughly studied,

and the somatic symptoms considered equally if not of more importance than the mental symptoms alone, a practice foreign to the psycho-analysts.

We would further emphasise the fact that we do not minimise the importance of the psycho-genic factors in the causation of the psychoses. But we would place them in the role of precipitating rather than exclusive causative factors. We recognise the fact that in many of our cases such psychogenic factors as grief, worry, anxiety, domestic difficulties, financial losses and shock, and a host of others were present, and undoubtedly played a very important role in precipitating psychoses.

However, everyone has observed many cases in which such factors were apparently absent, and yet the psychosis developed. Hence we have been forced to conclude that, while these factors play an important part, it is not the most important role in the aetiology of the functional mental disorders.

We will also concede that emotional disturbances do have a serious effect upon the metabolism of the individual, possibly through the disturbances of the endocrine system. It is also possible that the patient's resistance is materially lowered by the psychogenic factors. Bur we are not willing to concur in the theory that the psychogenic factors alone, without other elements in the mechanism, can cause a psychosis.

There can be no doubt that change of environment and the elimination of disturbing psychogenic factors has contributed to the recovery of many patients. At the State Hospital in Trenton, the spontaneous recovery-rate in the functional group averaged 37%, of the admissions. These patients recovered without any definite psychoanalytic therapy, and often under adverse conditions.

This would, perhaps, represent the spontaneous recovery in this group throughout the country. But this fact is no argument for the belief that the psychogenic factors were alone responsible for the psychosis, for we have that large 62% of the admissions which did not recover, but became chronic, in spite of the change of environment and the

elimination of the psychogenic factors." - Dr Henry A. Cotton, MD, Medical Director, State Hospital, Trenton, New Jersey, USA, Lecturer in Psycho-Pathology, Princeton University, in "The Journal of Mental Science", 1923.

Four False Pillars

"In order for individuals to fully affirm a non-biological model of mental illness, it will be necessary to have a solid understanding of the main fallacies behind the biological model.

Even though biopsychiatric researchers are willing to admit that, to this date, no pathophysiological or cause and effect evidence exists, they still consistently claim that they are getting closer and that they are making great strides with the new technology now available to them.

The Basic Fallacy

If there is supposedly an "abundance of evidence" to support a biological model, although I and many other professions still do not believe that such evidence will ever produce any cause-and-effect results, where then is the basic problem, and how does such a difference of opinion exist?

Or, if I and others are right, how can so many highly intelligent, well-meaning, and educated researchers be wrong?

In fact, how can the vast majority of professionals be wrong?

Biopsychiatry

To expose the basic fallacies behind the research used to attempt to establish a biological basis for mental illness, I have divided the research into what I refer to as The Four False Pillars of Biopsychiatry.

These four pillars are as follows:

False Pillar 1: The Inheritance Pillar: Mental illness runs in families; therefore, mental illness must be inherited.

False Pillar 2: The Chemical Imbalance Pillar: Medication works by correcting a chemical imbalance; therefore, mental illness must be a disease.

False Pillar 3: The Defective Gene Pillar: Defective genes have been found for some disorders; therefore, mental illness must be a genetic disorder.

False Pillar 4: The Brain-Imaging Pillar: Evidence of a "diseased" brain can be detected using modern brain-imaging instruments.

When researchers first began their hunt for defective genes, they were hoping to find one main dominant gene responsible for schizophrenia. But when no genes were found, researchers began to claim that part of the problem may be that as many as 10 genes were involved, each playing a role.

Then the number grew to 20, still with no actual gene found. Soon after that, the number of possible genes grew again, to 100. With this new research approach, scientists are now claiming that perhaps as many as 900 genes are involved. Yet not a single one has been identified as causing any psychiatric condition.

Read Colin Ross's response to the possible involvement of so many genes:

> *"Imagine if the protein products of each of these hundreds of genes were identified. Then imagine that the levels and functions of each of these proteins could be identified in an individual with a mental disorder. This would require testing for the intracellular concentration of hundreds of different proteins. Targeting any one of these gene products would have to take 25–50 medications to reduce his or her symptoms by 50%. It is*

hard to imagine how any person could tolerate the side effects and drug–drug interactions of 25–50 medications."

Keys to Defeating the Four False Pillars of Psychiatry: A Quick Reference

Pillar 1

Family statistics—can't determine if environmental or genetic. Twin studies—do not prove the equal environment assumption (EEA). Adoptive studies—selective placement invalidates the studies. Therefore, can conclude only that "somehow" families may play an important role.

Pillar 2

No chemical imbalances have been found after extensive research.

Pillar 3

No defective gene found that "causes" any form of mental illness after searching the entire human genome for years.

Pillar 4

Brain scan studies:

- Structural; stress and psychiatric medications can and doresult in brain atrophy.
- Functional; differences found are the person's individual adjustment to stressful situations.

With the lack of any true cause and effect, pathophysiological evidence, biologically oriented psychiatry may actually be on the verge of bankruptcy.

A 6 May 2013, article in The New York Times quoted leading experts pertaining to the present state of their "scientific" approach to the understanding and treatment of those suffering emotionally.

Quoting from the article:

> *"Decades of spending on neuroscience have taught scientists what they do not know, undermining some of their most elemental assumptions... The mechanisms of the field's most commonly used drugs—antidepressants like Prozac, and antipsychosis medications like Zyprexa —have revealed nothing about the causes of those disorders. Dr. Insel [past director of the NIMH] is one of a growing number of scientists who think that the field needs an entirely new paradigm of understanding mental disorders."*

Just recently (October 2014), Scientific American contained an article, "Why We Need to Abandon the Disease-Model of Mental Health Care," reading, in part:

> *"We should not look to medication to "cure" or even "manage" non-existent underlying "illnesses".*

– Ty C. Colbert, Ph.D., in "The Four False Pillars of Biopsychiatry", 2015.

Chapter XI

The Treatment of Disease

"The view that consumption (a wasting disease, especially pulmonary tuberculosis) is almost necessarily fatal has prevailed in and out of the medical profession, and the idea that consumption is incurable is deeply rooted in most men's minds." - Dr Charles W. Dulles, MD, "Curability of Consumption" in JAMA, 10 October 1891.

"It would be highly advantageous to the public, and likewise to the best part of the medical profession, if the predispositions and occasions of disease were made a portion of the education of every gentleman". - Dr. Armstrong in "A Botanic guide to Health and the Natural Pathology of Disease", 1845.

"Each thought, each action, each illness, has definitive consequences, inasmuch as we never separate ourselves from our past. We may apparently recover from a disease, or from a wrong deed. But the scar of those events we bear forever." - Dr. Alexis Carrel, MD in "Man The Unknown", 1935.

"The art of prescribing is unquestionably a very important medical art.

I recollect when, some years ago now, I read that fascinating work, the Pharmacologia of the late Dr. Paris, I was struck with the logical (I had almost said plausible) way in which he classifies the objects which we should

endeavour to obtain, by mixing and combining medicinal substances. He arranges them under five heads, and under each head includes several subdivisions.

The Five Heads are as Follows:

1. To promote the action of the basis or principal medicine;
2. To correct the operation of the basis by obviating any unpleasant effects it might be likely to occasion, and which would prevent its intended action, and defeat the objects of its exhibition;
3. To obtain the joint action of two or more medicines;
4. To obtain a new and active remedy, not afforded by any single substance;
5. To afford an eligible form.

Now, I suppose that each one of us has endeavoured, according to his lights, to carry some such principles as these into operation; at all events, every one will admit that it is in many points of view not immaterial that our combinations of drugs should yield "elegant" results; and, still more, that the drugs which we administer together should neither neutralise one another chemically, nor aim at producing incompatible results within the body.

But, admitting all this, it must also be admitted, I conceive, that such rules are more adapted for those who thoroughly understand, or who believe they understand, the actions of medicines in relation to the processes of disease, than for those who are investigators of the actions of drugs, and of their influence over morbid processes; and that, in proportion as we combine drugs habitually, so we deprive ourselves of the power of acquiring any precise acquaintance with the specific effects of the individual drugs which we employ.

But indeed the difficulties which beset us, in our endeavours to ascertain the effects of medicines upon disease, are almost insuperable, and are by no means limited to those which arise out of the cultivation of the art of prescribing.

One of our greatest sources of error lies in the fact that nearly all, if not all, diseases tend to run a certain course, which varies within certain limits, according to the intrinsic severity of the attack, the patient's constitutional peculiarities, and the influences to which he is exposed during his illness; which tends (as the case may be) towards convalescence, towards relapse, towards permanent impairment of health, or towards death; but which is yet, in the main, typical for each disease.

Thus we treat a case which, under ordinary circumstances, inclines after a while to get well, say a case of pneumonia, or of typhus, or of chorea; we push the treatment we have elected to adopt, until presently the patient begins to amend, and then soon regains his health.

What more natural than that we should attribute his recovery to the medicines which we have given him, especially if we have sedulously watched his progress from day to day, have regulated our doses from time to time according to his supposed requirements, or have gone on increasing our doses until some effect—convalescence—follows ?

What more natural than that our belief in the efficacy of our treatment should be confirmed, if (without clearly recognising the fact) we have to deal with a case of exceptional mildness? or that, knowing such diseases are sometimes inevitably fatal, we should regard an occasional unsuccessful case as no valid argument against the general efficacy of our treatment?

Or, again, we have to deal with an affection, which is more or less chronic in its character, but is marked by alternate intervals of sickness and of apparent good health.

A patient has gall-stones, or kidney-stones, and passes one occasionally, with severe pain and more or less functional disturbance; or he is the subject of psoriasis, which, we know, is apt to come out every spring or autumn, and after lasting for a few months to subside.

Now can anything be more easy than, in the treatment of such diseases as these, to mislead ourselves into the belief that the subsidence of symptoms, which follows upon our

treatment, is due to our treatment?

Would it not be difficult indeed for an enthusiastic therapeutist to escape imposition?

And even in cases of permanent illness, and those which are hastening on towards death, such self-deception is at least equally easy; slight apparently favourable variations are only too apt, both on the part of the patient and of the medical man, to be put down to the credit of the medicines which are being employed, and to be magnified in importance until the patient (who has been getting better from day to day) finally slips through our fingers.

This danger of misconception is, of course, very greatly increased when, as too commonly happens, we fail to recognise accurately the nature of the disease which we are called upon to treat.

How often has a specific fever been cut short by an emetic (substance which causes vomiting), which fever never was, and never would have been, the disease it was assumed to be; how often has an hypertrophied heart been reduced in bulk by a course of medicine, when functional disturbance only was present; how often has phthisis yielded to treatment, when we have had merely to deal with pneumonia or bronchitis!

And, again, misconception can only too easily arise (especially with regard to so-called functional diseases) when, in their course, natural but unanticipated changes take place, and happen to take place at the very time during which medicines are being administered. It is thus undoubtedly that many cases of epilepsy, hysteria, and neuralgia become cured, and that warts so often are charmed away. I have notes of several cases which bear upon this latter point; which are especially striking, I will venture to quote in illustration of my remarks.

A coal-miner from Durham came to me at St. Thomas's, some years ago, with well-marked tic-douloureux (trigeminal neuralgia severe stabbing pain to one side of the face) of the right side of the face, from which he had suffered for 14 years.

The paroxysms of pain lasted from a few seconds to a few

minutes, and came on night and day, at intervals varying between one and ten minutes. The right cheek was curiously wrinkled, and all the hair growing on it, as well us that on the temple, was worn down, as though shaven, by the constant rubbing with which, by means of a pad, he had endeavoured to relieve his pain.

All the teeth (some of which had been carious) had been removed, from time to time, from both the upper and lower jaws of the affected side. During a residence of nearly four months in the hospital he was submitted to various kinds of treatment, with, so far as could be discovered, only temporary benefit.

During the last ten days he was treated with three grains of extract of Indian hemp (Cannabis sativa) thrice daily ; and then he left the hospital at his own request, and, according to his own statement, somewhat better than he had been on admission. But I wrote on his bedticket "Nil," as the result of his treatment.

He returned to Durham; and about 12 months afterwards the medical man (a friend of mine) who had sent him up to me, called on me in London, and congratulated me on the marvellous cure which I had effected. He told me that the man had continued entirely free from neuralgia since his return from London. I have tried Indian hemp (Cannabis sativa) often since, but have never with its aid cured another case of tic.

Then, again, how constantly we deceive ourselves, or permit ourselves to be deceived, by the mode in which we exhibit our drugs, and the circumstances under which we administer them.

I have already adverted to the fact, that combinations of various drugs necessarily interfere seriously with our power of estimating the value of the separate ingredients. I am not in the least objecting to such combinations, for I know that in a large number of cases they are judicious, aye, and absolutely essential, if we are to attain our object; but they are not always judicious or essential.

We know that iodide of potassium promotes the removal of certain forms of deposit, especially those connected with

bones; that colchicum cures the gouty paroxysm; that carbonate of soda tends to render the secretions alkaline; and straight way we prescribe for a rheumatic patient (who has some inflammatory deposit about his bones, whose case has a considerable superficial resemblance to gout, and whose urine is acid, and whose perspirations have a so-called acid" smell) a combination of these drugs, without having any practical experience, and without even trying to gain any, as to their relative efficacy.

We know too, that strychnia causes spasmodic action of the voluntary muscles; but, without knowing whether it causes similar action of those of the alimentary canal, or, if it do, whether that action could ever be beneficial, we assume its value, and add it to our purgative medicines. Surely, too, it is on grounds not quite identical with these, and yet not quite dissimilar, that sarsaparilla has been so long esteemed a valuable remedy for syphilis and various forms of cachexia; that pareira brava has been so highly valued for the treatment of chronic inflammation of the bladder; that demulcents (of which mucilage, which cannot pass through the kidneys, forms an essential part) have been so long recommended in similar affections ; that the combination of liquor potassse and hyoscyamus (which, as Dr. Garrod has proved, renders the hyoscyamus wholly inert) has had amongst surgeons so high a reputation for the cure of clap.

Further, we usually combine with our medicinal treatment various forms of hygienic treatment: thus we admit patients into the hospital, where they are for the most part better fed and cared for than they were in their own homes; or we send them to the sea-side; or we encourage them to spend a few weeks at some inland spa, where they drink waters containing homoeopathic doses of iron or of chemical substances, which, from their known inefficiency, we have long discarded from the materia medica, but where they enjoy perfect rest from toil, wholesome living, and fresh air; under all of which circumstances improvement of health is apt to take place, wholly irrespective of the medicinal treatment which is adopted.

But perhaps the greatest impediment of all to the

advancement of clear therapeutical knowledge is offered by the various theories of disease which spring up from time to time, and influence our judgment of the nature of diseases and our mode of action in regard to them.

There was a time, however, when most physicians regarded diseases as sthenic, and when the natural tendency was, consequently, to bleed, and to adopt other forms of lowering treatment.

There was a time (and it has not yet passed away) when an opposite opinion prevailed, and when, therefore, stimulants became the fashion; and again there was a time when it was believed that all the morbid processes of disease take place in the fluids of the body, and when, consequently, an evacuant or eliminative plan of treatment was looked upon as essential. Functional Diseases constitute a very large proportion of the maladies with which we have to do.

We know that, in a large number of them, the nervous system, and more especially its vaso-motor portion, is importantly involved; but in what degree it is involved and how, and whether primarily or secondarily, are matters which, for the most part, lie beyond our knowledge. We know too, that in a large number of them, there are important disturbances of circulation, disturbances which are manifested either in the centre of the system by palpitation, or irregularity of action and the like, or towards the periphery, by dilatation or contraction of the smaller vessels, and consequent congestion or anaemia, rapidity or slowness of flow of blood.

And we know too, that in many of them again, there is profound impairment or modification of the processes of nutrition and secretion; for example, albumen and other matters are rapidly converted into sugar within the system, or that the blood forming organs fail to carry out efficiently their destined purpose.

But in these latter examples, as in the first, and as in all others that we might quote, we know them as diseases mainly by certain symptoms; we recognise, it may be, in some cases anterior functional disturbances, to which some of the characteristic symptoms may be directly due; but we

remain perfectly ignorant of the fundamental causes on which all the phenomena of each disease hang; remain perfectly ignorant of their intimate pathology.

It is not to be wondered at, therefore, that our curative treatment of functional disease should be for the most part empirical and unscientific, and that, even when it is scientific, all the science is bestowed in counteracting, or relieving, or preventing secondary phenomena or symptoms.

So long as we can cure a disease, it matters little, so far as that disease is concerned, whether we can explain the mode of operation of our remedies or not; and, in the second place, there is no reason why, if we cannot dig up the roots of a disease, we should not lop off its branches, especially when we know that in many of these cases it is the branches, so to speak, which render the disease distressing or terrible: nor is it quite certain that in diseases, as in plants, this constant process of lopping off does not, in some cases, lead ultimately to the dying out of the root.

The results of these experiments I summed up as follows.

"They all point more or less clearly to the same conclusions: the first and most obvious being that, so soon as convalescence has begun, it makes little or no difference as regards the progress of the case, whether the specific treatment which had been employed be continued or disregarded; the second, and less obvious one, perhaps (at least, if only the cases there quoted be considered), being that, the association of any specific remedy with the commencement of convalescence is a purely accidental coincidence"; and I added "that, to the best of my belief, my experimental cases, if judged by the event, may be regarded as cases of fairly average success."

Since that time I have rarely used, or at all events have rarely used persistently, any specific plan of treatment, but have contented myself, for the most part, with the administration of some simple tonic and dietetic, and hygienic measures calculated, as I have believed, to restore the patient to, or maintain him in, good bodily health, and I cannot perceive that I have been in any degree less

successful than I was formerly.

With reference also to Morbid Conditions, due to the Retention within the System of Matters, originating in the Waste of Tissues, and destined normally to be removed by the various excretory organs, the principles of treatment may be simple, but the means of carrying them out are by no means equally simple.

The point of fundamental importance is, to endeavour to restore to a healthy condition the Emunctory to whose failure the particular retention happens to be due. But this is often impossible ; and the organ may remain permanently inoperative, or so much impaired as to be totally unequal under any circumstances to the full performance of its duties. In the case of the liver, this is, perhaps, less important than in that of the kidney, partly because the bile is less strictly an excretory fluid than the urine; partly because, being mainly, if not entirely manufactured by the liver, it is formed in less quantity by the diseased than by the healthy organ; and partly because the kidneys, to a considerable extent, act vicariously, discharging with the urine not only much bile-pigment, but other also of the constituents of the bile. The flow of urine should hence obviously be encouraged.

The retention of urea is a much more important matter; for not only is it being constantly formed in the body, but no other organ can take on, in any adequate degree, the function of separating it from the blood, and consequently it tends to accumulate within the system. Some small quantity may pass off by the skin; but usually uraemic patients sweat little, if at all; some small quantity may pass off by the bowels, but certainly not much, and it may be added, that diarrhoea is not at all a necessary accompaniment of uraemia.

A good deal no doubt passes into the connective tissue and accumulates there, the capillary system throughout the body acting as a kind of general excretory organ; and hence results general dropsy; and hence also, it is probable, that the smaller arteries are everywhere stimulated, as Dr. Johnson has demonstrated, into protective contraction. How

far it may be desirable in these cases to promote the flow of urine, and what measures should be selected for the purpose, must of course depend very much on the nature of the renal disease which is present. But it must not be forgotten that urea is itself a valuable diuretic, and that undue stimulation of a diseased kidney by drugs is at best a questionable procedure.

The only other secretions which can be promoted with advantage are those of the bowels and the skin.

Profuse perspiration by means of the hot air, vapour, or even Roman Bath, I believe to be especially beneficial. I may add that it would seem theoretically, and I think that it is, of the utmost importance, in treating uraemic cases, to take measures to check the formation of urea in the system; and that to this end the diet should be carefully regulated, and not be allowed in quantity to exceed the actual requirements of the system.

I pass on to speak of those diseases which I have termed Mechanical. I have already explained, by reference to examples which I have quoted, how Nature acts to remedy such maladies.

I recognise the fact, that it is through her agency alone (by availing ourselves of those forces which it is her province to exert, by assisting and regulating the action of those forces) that we, as medical men, can hope to relieve and cure; but I assert that (at all events in reference to the affections which I have now under discussion) she acts, when left to herself, blindly and not beneficially.

Rheumatism

Rheumatism begins with inflammation of a joint, and is continued more or less indefinitely by successive outbreaks of inflammation in other joints, and in the fibrous tissues of other parts, including that of the heart; often breaks out anew when it had appeared to have subsided; and often assumes a chronic character.

Indeed, this is a strong reason to believe that in this disease each local inflammation (which is rarely very

intense, rarely much prolonged, and rarely suppurative) **acts as the starting point of new complications; that at each such spot some poisonous material is developed, which, being absorbed by the lymphatics or veins, is received into the circulation, and then infects remote susceptible parts.**

It has been assumed, though apparently on insufficient grounds, that there is some peculiar relation between rheumatism and the development of lactic acid in the system; and that the continuance of the disease, the acidity of the urine, and the acridity of the perspiration are all connected with this development.

Alkaline Treatment

One claim asserted on behalf of the alkaline treatment by Dr. Fuller, and supported statistically by Dr. Dickinson, is that heart-disease rarely, if ever, comes on after the urine has been rendered alkaline.

Another claim asserted in favour of the alkaline treatment is, that it shortens the total duration of the disease; a claim which has equally been asserted in favour of all other plans of treatment.

And here again statistics are brought forward in proof; statistics which would show that the duration of the disease, under any one plan of treatment, is shorter by a few hours or a few days than its duration is under all other plans of treatment.

Of course we must all admit that, if any remedy curtail the duration of rheumatism, and prevent the occurrence of rheumatic heart disease, that remedy is curative and acts as a specific against the disease.

Remedies

Yet if so many inflammations which lie under our eyes are manifestly uninfluenced in their progress by internal remedies, and if others of them, which we have been apt to think we can cure by such means, turn out on closer scrutiny to be doubtfully influenced by them, that surely supplies a

strong argument against the general curability of internal inflammations.

Hygienic Measures

I assume, on the other hand, that by the adoption of suitable hygienic measures such maintenance or growth of the disease by successive increments may be prevented.

Again, I assume that, if 2 persons who have contracted either of the above diseases (pneumonia, rheumatism, erysipelas) be at once put under the same hygienic and remedial treatment, the disease will probably take a different course in each, that difference being dependent either upon the degree in which the primary cause operated in each case, or on differences of antecedent health.

Again, I assume that, if the disease be severe, the patient's life may, on account of this severity, be in danger or lost; but that death is due, in many cases, less to the direct influence of the inflammatory process, than to certain secondary complications or accidents which may be arrested, or obviated, or cured.

Thus, long-continued want of sleep, or deprivation of food, or excessive temperature, may each of them prove the immediate cause of death. If we do not cure the patient, we have it at least in our power to keep him from exposure, to maintain or to improve (within certain limits) his general health, and to relieve symptoms and complications which distress or threaten. And thus it may be admitted that we can, by the judicious exercise of our art, give relief, hasten convalescence, and save life, and thus, in a loose sense, cure the disease.

But what I understand by the cure of disease is, the stamping of it out—the bringing it to an end before its time. Inflammation has a tendency to take a certain course, and then to die out spontaneously; and unless in any case this normal duration be anticipated by our treatment, we fail, as it seems to me, to cure the disease; and it is in this sense that I doubt whether we have any curative influence over many inflammatory affections.

Neoplasms or Tumours, in the more limited and scientific sense of the term, form a very large proportion of the diseases which we are called upon to treat; and their treatment is consequently a subject of great interest.

Moreover, some tumours are apt to disappear spontaneously in various ways; others are distinctly influenced by medical treatment; and hence there are a priori grounds for thinking that others of them, concerning which our knowledge is less satisfactory, may also to some extent at least be open to successful remedial measures.

It may be admitted, then, at all events as regards so-called "innocent" tumours, that we can cure or remove many of them by local measures.

Can we get rid of any of them by remedies taken into the system?

I suppose it will be readily allowed that nearly all of them are quite beyond the reach of remedies thus applied. No drugs, so far as I know, have the least influence in curing corns, or warts, or naevi; none, so far as I know, are efficacious in the slightest degree in arresting the development or promoting the absorption of fibromata, fatty tumours, enchondromata, or exostoses ; none promote any curative change in muscular tumours of the uterus or prostate, or in tumours involving the nervous system; none, to the best of my knowledge, hasten the natural progress towards recovery even of such as tend to disappear spontaneously.

Tumours which are called malignant are so entirely beyond the influence of our remedies, that I need make no apology for omitting to discuss their treatment.

In some respects, Tuberculosis is a malignant disease. At all events, it tends to affect various organs, and to be disseminated through the agency of the lymphatics. It differs, however, from carcinoma and diseases allied to carcinoma in the remarkable proneness which its characteristic growths have to undergo degeneration and to become inert, and in the fact that the disease itself is actually sometimes arrested, and in a certain sense cured.

I confess that, although perhaps a little inclined to be

sceptical with regard to the curative influence of drugs, I see no sufficient reason to doubt the frequent efficacy of cod-liver oil and tonics, of good diet and careful attention to hygiene in the treatment, and still more in the warding off of this disease.

But I doubt very much whether any one of the remedial agencies which I have enumerated can be regarded as curative, except in the sense that it improves the patient's general health, under which improvement the morbid process tends to subside or die out." - John S. Bristowe, MD, FRCP, Physician and Lecturer on Pathology at St. Thomas's Hospital, etc., "Disease and its Medical Treatment", Delivered at the Royal College of Physicians, London, in The British Medical Journal, Vol. 1, No. 590, No. 591, 1872.

"I propose to confine the few remarks I shall make to the influence of focal infection in the causation of arthritis. In the case of so-called rheumatoid arthritis, I am so deeply impressed by the importance of focal infection that I suggest that the somewhat misleading name, "Rheumatoid Arthritis", should be deleted entirely from the nomenclature of disease, and the term "Focal Arthritis" be substituted.

The name "focal arthritis" not only draws attention to the presence of some underlying infective focus, but emphasizes the fact that it is the duty of the medical attendant to discover where that focus is and deal with it radically and effectively at the earliest possible moment."- Dr. F. G. Thomson, MD in "Proceedings Royal Society of Medicine.", Vol.19, 1926.

Chapter XII

The Forgotten Facts and Truths of Drugs

"Thus with our hellish drugs, death's ceaseless fountains,
In these bright vales, o'er these green mountains,
Worse than the very plague we raged.
I have myself to thousands poison given,
And heard their murderer praised as blest by Heaven,
Because with nature strife he waged." - Goethe's Faust

"There has been a great increase of medical men, it is true, of late years; but, upon my life, diseases have increased in proportion." - Abernethy's Surgical Lectures

"Dr. Cheyne observes that "Prevention is better than cure", most men know when they are ill, but very few when they are well. And yet it is certain that it is easier to preserve health than to recover it, and to prevent diseases than to cure them. Toward the first, the means are mostly in our own power; little less is required than to bear and forbear.

But toward the latter the means are perplexing and uncertain. Yet nothing is more common with the short sighted victims of disease, than to prefer palliating their torments by drugs, to preventing them by proper regimen; and you may as well try to reason with a mad dog as with some of these, although an experiment of six months would forever set the question at rest.

Dr. Samuel Dickson has written an admirable and philosophic work on the "Fallacy of the Faculty," in which he says:

> *"Until mankind cease to prefer signs to sense, men's words to the examination of God's works; until they take the trouble to make themselves acquainted with the laws of their own economy, they never can learn to distinguish the true physician from the mere pretender, whether the latter be a literate person with a diploma, or an unlettered quack without it."*

We have been looking for help from others too long; and it is a melancholy fact that, independent of multitudes who ire swept off the stage of life in spite of, or, in some instances, in consequence of the host of physicians, surgeons, druggists, etc., who are well paid to preserve the public health, scarcely has a man reached his fortieth year before he feels he is grown old and decrepit, a proof that we cannot depend upon the faculty. Nor is it all necessary, seeing

> *"this is not a matter of speculative science, nor of normal art, but a matter simply and exclusively of common sense."*

There is great reason, we think, to endeavour to open the eyes of the public, as to the evils of the present mode of doing business, on account of the little dependence that can be placed on the opinions of medical men, and the small amount of relief that can be expected from drugs, themselves being judges: for, as Dr. Harrison justly observes:

> *"I need not tell you," who have made this a subject of investigation, "that there are very few diseases for which we have nearly certain cures; that the use of remedies of great and general efficacy, for the cure of particular diseases, is at least precarious, often unavailing, and sometimes pernicious. In consequence of this imperfect*

state of medicine, vast multitudes every year languish long, at last die of consumption, dropsy, gout, stone, king's-evil, cancer, asthma, etc., etc., in spite of all our faculty can do for them."

There are thousands of persons who have so debilitated their constitutions by departing from nature's laws, that though they are daily proving in their own persons the truth of Dr. Harrison's remarks, yet are so blinded by, and prejudiced in favour of, the old system, that they think they are among the "millions in this country to whom."

Dr. E. Johnson says, "physic is daily as indispensable as food."

"I am sure I am within the bounding of truth, when I assert, that, throughout England, there is not more than one man in a hundred who does not find it necessary, at least once a month, to take medicine; that is, to carry the masterpiece of God's creative wisdom to the doctor, to have it mended. Why, I would discard my tinker if my saucepan required mending so often." - Dr. E. Johnson

These people will not believe their own senses, and would be even more indignant than the doctors themselves, if the plan of Dr. Forth was acted upon in this country.

He asserts that:

"A monarch who could free his state from this pestilent set of physicians and apothecaries, and entirely interdict the practice of medicine, would deserve to be placed by the side of the most illustrious characters who have ever conferred benefits on mankind. There is scarcely a more dishonest trade imaginable than that of medicine in its present state."

Mr Whitlaw says:

"I most anxiously pray that the physical leaders of this great empire may pause before it is too late, and no longer humbug the people by tracing out effects without a cause, which is the greatest insult to God's moral government of the universe, as the whole of his works are cause and effect."

"Physicians in despair of making medicine a science, have agreed to convert it into a trade." - Dr. Akenside

This reminds us of a story told of an Irish sailor in a naval fight, who was commanded to clear the decks, preparatory to a second engagement with the enemy's vessel. The dead were to be thrown overboard, while the wounded were carried below.

Of course the doctor went round to see where life was extinct; but in one instance in which he pronounced the man as dead, the poor fellow had only fainted.

The sailor went on with his work, casting one with another overboard, until at last he came to the man who had fainted, and who was just coming to himself.

The sailor was about to cast him overboard, when he faintly said:

"I am not dead."

This was a fact; but the sailor was like many more now in reference to drugs, ho preferred authority to fact, and exclaimed:

"Arrah now, nonsense, not dead! The doctor says you are dead, and he knows better than you!"

So we urge the fact that, notwithstanding the public have

been drenched with drugs, and have gone on in a course of physical degeneracy, it is all to no purpose, authority is their reason, and to the voice of common sense, and living facts, they cry:

> *"Arrah, nonsense! man must be a diseased creature, he must die early, he cannot do without medicine, the doctor says so, and he knows better than we do." - in "British Temperance Advocate.*

Perhaps few circumstances have tended more to create suspicion in the minds of the thinking portion of the community, as to the "fallacy of the faculty," than the ambiguous manner and dark phraseology by which medical men have expressed themselves.

A medical witness being examined at the Old Bailey, on a case before the court, used the word tumefaction; upon which;

> *Mr. Justice Coleridge said: "I suppose by tumefaction, you mean swelling?"*
>
> *Witness: "Yes, my lord"*
>
> *Mr. Coleridge: "Then would it not be much better to use plain English than to speak in a sort of mongrel Latin?"*

We say, yes, my lord; better for the health and pockets of the people, but not for keeping up the farce of drugging and fleecing them; for, as held by Dr. Kitchener, and the celebrated Dr. J. Brown;

> *"If medicine be entirely divested of its mystery, its power over the mind, which in most cases forms its mail strength, will no longer exist."*

In general, who among the uninitiated think of reading

medical works? Or, if they should attempt it, do they not find it absolutely necessary to have a medical dictionary at their elbow ? Who thinks of asking his medical attendant why he recommends such a course to his patient?

> *"Give reasons, indeed! Porter, ale, spirits, drugs, etc., have been administered in profusion, when it would have occasioned great uneasiness if a reason had been sought to justify the practice, simply because that is a scarce commodity with most practitioners, they having imbibed "their creed in the surgery of their master."*
>
> *They believe: "that mercury is good in liver complaints, and is to be tried in all complaints, when all other remedies have failed; that purgatives are always demanded; that bleeding, opiates, and emetic sudorifics are fit for rheumatism; that colchicum defieth gout; that sal volatile, valerian, and sundry other ill-favoured stuffs, are requisite for hysterical women; that indigestion, that puzzling protean fiend, is to be combated pell-mell by all the above remedies."*

In Holland, physicians are prosecuted and heavily fined for administering mercury. There are few chemists' shops there; and since the law has prohibited the administration of mercury, disease has greatly decreased.

According to this mode of doing business, what does it matter whether a man be well versed in medical science, or be a mere novice; he can easily proceed in the old beaten track, because:

> *"the remedies are named opposite the disease; nay more, there are remedies to counteract the evil effects of other remedies."*

I lately met with a country practitioner, who, upon being

asked by a lady whom he attended, the intention of three different draughts which he had sent her, replied that one would warm, the second cool her, and the third was calculated to moderate the too violent effects of either.

The same doctor (Paris) remarks:

> *"The file of every apothecary would furnish a volume of instances where the ingredients of the prescription are fighting together in the dark, or at least, are so adverse to each other, as to constitute a most incongruous and chaotic mass. "Acts to amend certain acts passed" in the last prescription. Moreover, the remedies are known to themselves; unknown to their patients, whose queries, if any, are answered in an unknown tongue of technicality. The whole process, in fact, is one of jog-trot routine, whereby if the patient recovers, so, lie must take some tonics; if he dies, so, he swallowed the pharmacopoeia, and what can a man do more?" - Drs. Wilson and Gully.*

To such inquiries we say, why, if you must continue in practice, study its philosophy, that you may be able to give the people scientific truth in exchange for their cash, and a plain, straightforward: "answer to every man who asketh you a reason of the hope", you entertain of the efficacy of your mode of treatment; and not in the "pretty gibberish invented to cheat the ignorant," and to mystify your practice.

Who has not been placed in a similar position to that of the person to whom Dr. E. Johnson wrote those admirable letters on "Life, Health, and Disease?"

He had been for some time labouring under a "combination of most dissimilar symptoms, all of which, he was assured, are presented by the term indigestion."

When he questioned his medical attendants on the subject, they evinced every disposition to satisfy him; but

they could not avoid making use of phrases which were to him words without meaning. He was told that his digestion was impaired. He asked what was meant by that, and was told his "digestive apparatus was deranged in its economy."

My poor brother was still no nearer the mark; and his medical attendant observing his puzzled looks, proceeded to explain and make the matter perfectly clear, telling him that his "secretions were depraved, his gastric juices deficient, his native functions feebly performed, and that the tone, the energy, the nisus formatives, in fact, the vis vitae, was full 20%, below par."

The enlightened patient bowed his gratitude for this luminous explanation, and sadly reseated himself in his chair of sickness, as wise, perhaps, but certainly no wiser, than he was before. How should he?

There was nothing in all this likely to convey any definite idea to his mind, as to the nature or cause of the evil under which he was labouring, or the proper means of removing it.

His medical attendant was to him, what St. Paul (I Cor. xiv. 11) calls a barbarian, speaking in an unknown tongue. This is a very proper term, applicable to all who, while they articulate sounds, convey thereby no distinct meaning to their hearers.

This is not learning, as it is thought to be by some, but barbarism: or, in the language of Horne Tooke, "an example of the subtle art of saving appearances, and of discoursing learnedly on a subject with which we are perfectly unacquainted."

For instance, if you ask one of those learned gentlemen, "why opium sets you to sleep," his answer will be, "from its narcotic power.

Narcotic comes from the Greek word narcosis, privation of sense." How satisfactory! Now those who are weak enough to believe all that is told them, whether they understand it or not, are delighted to be told in Greek that it does set them to sleep. They are astonished, and he is a very learned man.

Thus they:

> *"Wrap nonsense round In pomp and darkness, till it seems profound; Play on the hopes, the terrors of mankind With changeful skill; While reason, like a grave-face mummy, stands With her arms swathed in hieroglyphic bands." - Moore*

Such is the mode in which the schoolmen juggle: instead of an answer they give you an echo! Had these barbarian wordmongers been as anxious to enlighten the public mind as they have been to feather their own nests, they would, long ago, have preferred reason to mystification, and thus advanced the good of the community at large.

But as the great Locke justly observes:

> *"Vague and insignificant forms of speech, and abuse of language, have so long passed for mysteries of science, and hard and misapplied words, with little or no meaning, have, by prescription, such a right to be mistaken for deep learning and height of speculation, that it will not be easy to persuade either those who speak or those who hear them, that they are but the covers of ignorance and hindrances of true knowledge."*

In consequence of the obscure language commonly employed by the faculty, the people have been deterred from investigating a subject, in which, of all others, they are most deeply and intimately concerned.

But as most other antiquated notions and systems are being weighed in the even-handed balances of an enlightened people, and many of them have been "found wanting," is it any wonder that the drug system should be submitted to the analysis of common sense?

Though we place little confidence in the opinions of the advocates of drugs, the public does; and as in most cases, the best way to get at the whole truth, is, if possible, to hear the

statements of those who have been "behind the scene", we shall avail ourselves of the views of a few of the initiated. To quote the severe criticisms of medical men of high repute on their own profession, many of whom confessed they were skeptics in the science, and, as a proof of their sincerity, they beat their lancets into ploughshares, and left the profession in disgust. Among others, we mention Sir James Mackintosh, Locke, Crabbe, M'Kenzie, Sir H. Davy, and Lord Longdale.

Sir W. Knighton, who was at the head of his profession, and was also physician to George IV., says:

> *"It is somewhat strange that though in many arts and sciences improvement has advanced in a step of regular progression from the first, in others it has kept no pace with time; and we look back to ancient excellence with wonder not unmixed with awe. Medicine seems to be one of those ill-fated arts whose improvement bears no proportion to its antiquity."*

Had not facts borne out the truth of the doctor's statement, how could we account for the fact, that there has been, as Mr. Abernethy observes, an increase of disease; nay, many new ones, of only 300 or 400 years standing.

Some even less than that, diseases quite unknown to the ancients. The celebrated Dr. J. Gregory, the leading physician of the city of Edinburgh, who held his profession in disgust, asserts, that medical doctrines are little better than stark staring absurdities.

> *Dr. Dickson, says, "How I ever came to believe one half of the rubbish propounded by medical teachers, I cannot now understand; for the whole doctrine of the schools is a tissue of the most glaring and self-evident absurdities. Could you only see as I have seen, the farce of a medical consultation, I think you would agree with me, that the*

impersonification of physic, like the picture of Garrick, might be best painted with comedy on one side, and tragedy on the other. Less slaughter, I am convinced, has been effected by the sword than by the lancet."

I recollect an instance which came under his own observation, some years ago, which greatly tended to shake his faith in druggery. An eminent physician of the city of Worcester being called in to his friend, who was living in a lone farmhouse, and where the author was visiting, after a few questions had been put and answered, the doctor, on examining the patient's pulse, held with his other hand his gold watch to his ear, for at least two minutes.

Some general directions having been given, and a few compliments passed, the doctor was about to withdraw, when the lady of the house, informing him that her clock had stopped in the night, wished to know the city time, in order to set the clock right, when, lo! behold! the doctor discovered that his watch also had stopped in the night, he having forgotten to wind it up. How was it that the doctor did not discover this when counting the pulsations of his patient?

Again, "Of the cases of mortality in the earlier months of our existence, no small proportion consists of those who have sunk under the oppression of pharmaceutical filth. More infantile subjects in this metropolis, are, perhaps, diurnally destroyed by the mortar and pestle than in the ancient Bethlehem fell victims in one day to the Herodian massacre."

And again, "**Conscience feels little concern in cases of medicinal murder.**"

This is "speaking out" with a vengeance, as the "racking effects of these days."

Lord Byron called medicine: "the destructive art of healing," and on one occasion says:

"I got well (of a fever), by the blessing of barley water, and refusing to see my physician."

Some people tell you, with an air of the miraculous, that they recovered, although given over by their doctor; when they might, with more reason, have said, they recovered because they were given over. How just was the observation of the author of "Lacon:"

"The rich patient cures the poor physician much oftener than the poor physician the rich patient; and the rapid recovery of the one usually depends upon the procrastinated disorder of the other."

Moliere, so long the terror of the apothecaries of Paris, makes one of his dramatis personae say to another, " Call in a doctor, and if you do not like his physic, I'll soon find you another who will condemn it;" showing how completely at variance medical authorities are, so that perhaps it would be difficult to find any two of them agreeing.

Le Sage was even more severe, when he said:

"Death has two wings: oil one are war, plague, famine, fire, shipwreck, with all the other miseries, that present him, at every instance, with a new prey; on the other wing you behold a crowd of young physicians, about to take their degrees before him. Death, with a demon smile, dubs them doctors, having first made them swear never, in any way, to alter the established practice of physic."

Locke, Smollett, Goldsmith (all three physicians), held their art in contempt; Swift, Temple, Hume, Adam Smith, Hazlitt, etc., were equally severe.

That shrewd observer of human nature, John Wesley, published a work, in 1747, in which, after deprecating the

mysteries with which the science of medicine is surrounded, and the manner in which drugs were imposed upon the community, he proceeds in a manner which shows that he thought water might very profitably supersede the use of drugs altogether.

He says:

> *"The common method of compounding and decompounding medicines can never be reconciled to common sense. Experience shows that one thing will cure most diseases, at least as well as twenty put together. Then why add the other nineteen? Only to swell the apothecary's bill; nay, possibly, on purpose to prolong the distemper, that the doctor and he may divide the spoil."*

Captain Claridge, having inquired by what delusions mankind were first induced to take drugs, says, "In the middle ages, the use of water as a drink, and a cure for diseases, fell into total disuse, when, in the time of the Crusade, the Arabian doctors introduced the use of oriental drugs, to which they attributed miraculous virtues.

But were these the dictates of reason and nature? Have mankind become healthier since their introduction? Quite the reverse!

Are those nations, who have done the most homage to this science, the strongest and soundest?

They are, beyond contradiction, physically, if not morally, the most miserable of all. How is it with individuals?

Their lives are worse than death. Nay, even the masters of physic suffer very severely from its effects themselves.

"This is the most dreadful malady of mankind; the poison-plague, dug out, by themselves, from the black abysses of the earth; thus has it been stared at as the effects of deep science, for centuries; thus has frequently the last shilling been offered at its altar. For this, the greatest enemy that could have beset mankind, as many millions have been spent is would pay off the national debt.

To the study of these dangerous errors, have millions of men applied the whole of their lives and abilities. Backed by science, they contended against nature; but how does she punish those who wish to master her!"

The drugging system is at war with, in opposition to, nature, actually obstructing her operations.

Hence, if nature seeks to relieve herself by vomiting, she is insulted by a dose of brandy; and in many cases, by these and other means, by violently increasing the vital force, it is ultimately destroyed.

Whereas, the object should be, not to oppose but to assist nature, by placing the diseased organism generally on such a footing as shall enable their vegetative and conservative properties to operate as easily and as efficiently as possible; to develop their power, and compensate, by an act of self-reparation, for any disturbing influence of the morbid agent.

This, in fact, is the object sought in the Hydropathic mode of treatment, and is generally effected.

This effect, however, is not produced so much by our measure, as by nature herself; and all that we can do is to liberate the normal action from any oppressing or obstructing causes, and afford it freedom of exertion.

Dr. Craigie, a popular writer, says:

> *"When healthy properties are impaired, we know of no agent by which they can be directly restored; when vital action is perverted or deranged, we possess no means of immediately rectifying it, but must be satisfied with using those means under which it is most likely to rectify itself."*

This, we maintain, is a ratinal and common souse view of the subject.

In many cases, such as slight indigestion, etc., 24 hours abstinence, or ceasing to load our already over-burdened stomach, with free exercise in the open air, and copious draughts of cold water, will render any other remedy

altogether unnecessary.

Some rather serious cases have come under our observation, such as vertigo, etc., which have been cured by little else than putting the patient under proper regimen, allowing from 9 to 12 ounces of bread, and from 4 to 8 ounces of water per day, for several weeks.

And we could produce high medical authority in support of the theory, that remedial means, no matter of what kind, possess in themselves no power of directly changing a diseased condition into a healthy one.

All that it can effect is, to aid the efforts of the body in its own restoration; to accomplish which, we challenge drugs to a competition with water.

As successful results are the test of medical, as well as of all other truth, Dr. Macartney, one of the first physiologists of his day, that:

> *"water, when its properties and modes of application are well known, will be worth all other remedies put together."*

A conviction of this kind induced Bernardo, a monk of Sicily, in the year 1724, to go to Malta, where he effected some astonishing cures with water, the fame of which spread throughout Europe.

The water was iced, which he used internally and externally. He allowed his patient to eat very little.

The doctors laughed at him at first, but confident of the soundness of his theory, and of the superior efficacy of his plan to theirs, he made a proposition that they should take one hundred patients, and said if they, by their mode of treatment, could cure forty, he would undertake to cure the other sixty, more easily and securely, and in shorter time. His success was amazing.

Look, also, at the practice of the German peasant, Priessnitz, which, however unnatural it may appear to those who have not investigated the subject, and to others who have all their lifetime outraged nature, by living in

opposition to her laws, proves, by its stupendous effects, that it is build on the soundest and most rational physiological principles.

Where, in the history of drugs and drug doctors, shall we find a man, who, like him, has had under his charge nearly 3,000 patients within 2 years (14 of whom were doctors), most of whom had exhausted the resources of science and drugs, who can say with him, that during that time he has not lost more than two individuals?

In these days utility is every thing. We care not a rush for theories - give us results. Compare the above facts with cases treated by drugs in our hospitals, etc.

As a proof of the growing estimation in which it is held, we refer to the facts, that there are already from 20 to 30 establishments, in different parts of this kingdom, most of which are presided over by very eminent medical men, who have relinquished the lucrative practice of drugs, the capabilities of which they were well acquainted with, and have embraced Hydropathy.

Among these we mention, with respect, Drs. E. Johnson, Courtney, Lovell, King, Sir E. Scudamore, Hume, Whetherhead, Wilson, Gully, Weiss, etc., etc.

> *Medical writer says, "A comfortable medical practice is a very pleasant, easy-going business, which may be easily described: a compliment or two, a promise, and a prescription, and last, though not least, a guinea."*

Dr. Bigel, of Strasburg, speaking of the conduct of medical men, in reference to Hydropathy:

> *"I shall not look for the motives, lest I should not find them of the most honourable nature; but will content myself with observing that its too great simplicity was, and still is, its only fault. The learned fear to be robbed of their science, the practitioner of his connection, and the apothecaries tremble for their shops and drugs."*

Dr. Courtney says:

> *"Plain, wholesome food, and the pure element, water, and nothing stronger, should ever enter the system, and take my word for it, whoever follows this system, will seldom want a doctor."*

- William Horsell, in "Hydropathy for the People: With Plain Observations on Drugs, Diet, Water, Air, and Exercise", 1855.

Chapter XIII

Placebo and Nocebo Responses

"The Placebo effect Could - and probably should - change the face of medicine" - Michael Brooks, in "13 Things that Don't Make Sense", 2010.

"Placebo was initially thought to be fraudulent activity, before the randomised control trials came along in the 1950's, it was thought that it was just imagination, and it was dismissed as nonsense. Then, after the randomised control trials, people began to realize that actually everybody is getting better on the placebo effect." - Professor Paul Dieppe, FRCP in "Ballens CPD", 2013.

Intentional Ignorance

"When blind assessment trials (RCTs) began in the 1950's it was thought prudent to use "dummy treatments" to find out what was real and what was imagined – and from there the placebo effect became observed, named, considered, reviled and then ignored. - Kaptchuk & Anderson (Gesnerus 2005) In 1945 the American professor of medicine O. H. Perry Pepper wrote under the heading A note on the placebo:

"It is interesting that apparently there has never been a paper published discussing the important subject of the placebo. Every one of us has often used the word and often prescribed the placebo, yet how many of us realise how little has been written and how little is known of the history of this word and this type of treatment." - Pepper 1945, 409.

In the 1950s an increasing number of articles about the subject were published (Shapiro 1960).

Especially one of these articles became well known and is often mentioned today: it is Henry K. Beecher article from 1955 entitled "The Powerful Placebo".

Beecher claimed in this article that in 1,082 patients in 15 studies on 9 different diseases or symptoms 35% of the patients were satisfactorily relieved by a placebo.

In 1997 the Germans Gunver S. Kienle and Helmuth Kiene criticised the use of the word "placebo effect" and argued that the concept of a powerful placebo was fiction.

The placebo effect is a phenomenon thousands of years old and the placebo a treatment which has existed as long as healing itself." - Lars Ole Andersen in "Gesnerus", N.62, 2005.

The Placebo Effect

"I started to see patients, and I listened attentively, I had a meaningful conversation I did an exam, I touched them where it hurt and then I would start to write an herbal prescription, and I noticed that sometimes people sort of, look different, when I was writing my prescription, their light lit up, a little bit more in their skin and then they would walk out with the prescription in their hand way before they could take something, and I noticed they had more mobility and seemingly less pain.

Actually placebo effects, and is a way of quantifying and measuring everything that surrounds pills and procedures in mainstream or alternative, they're about the rituals the words the engagement the costumes the diplomas and those special things that you get when you go to a healer they're about how the drama of healthcare can alleviate symptoms and change the course of disease even without pharmaceuticals.

Placebos, are not only about the imagination and the mind, they actually use and work through neurotransmitters and brain circuitry, that in fact many important drugs recruit

and hijacked and the drugs actually mimic what the body can already do, not the other way around.

The people who got placebo treatments 42% reported adequate relief, had adequate relief and we added the engaged interaction there was a big boost 62% reported adequate relief.

We gave patience during the acute attack placebos and on the envelope we wrote max old we gave them the anticipation of relief on average patients reported 30% reduction in their pain in 2 and a half hours when we gave them the drug but the envelope said placebo, we took out the positive anticipation and gave them the pure pharmacology of the drug.

On average patients reported 38% improvement in their pain, in 2 ½ hours the numbers 30 and 38 here are not statistically different meaning that: Placebos with positive expectation is no different, in this case, than Pharmaceutical Drug with no positive anticipation.

Again time heals without the intervention of health care.

When researchers investigating pharmaceuticals started to use placebo controls in clinical trials they noticed that patients responded sometimes with placebo treatment got better they didn't care it was a nuisance what they were committed to is a precise Pharmacological solution to the question of illness." - Ted Kaptchuk, Professor of Medicine and Professor of Global Health and Social Medicine at Harvard Medical School, in "TedMed", 2015.

Historical Note

Dr David R. Hamilton, after graduating as an Organic Chemist, went to work for the Pharmaceutical Industry developing drugs for cardiovascular disease and cancer.

After 4 years he was so impressed by the results of clinical trials, where, both the placebo and the drug could achieve 75% success rate.

Thus inspired by the placebo effect, he left the pharmaceutical industry.

At the time he also found that one drug would have a better effect in the USA if given by injection, and that same drug in the UK would have a much better success if taken as a pill, this where some of the examples he came across of how the mind is one of the main key factors in bringing a change to the body.

This led him to become a writer on the topic of health.

Chapter XIV

Medical Illusion

Dr Daniel Stickler, MD "My career in medicine began with an idealized concept of what medicine really was and so from the time I was a child. I can remember my paediatrician who would work with me and I was excited to go see him because he would always ask me about all the things I was doing, about my baseball bat, my artwork.

I was excited to share things with him and so I had this concept of, this is what medicine was about, and I strived to get into Medical School and within the first couple months I realized it wasn't quite what I had anticipated.

It was a focused on Disease Model on Pharmacology and Medication. We had maybe 2 weeks of normal human nutrition during that time". - in "iThrive! Rising from the Depths of Diabetes and Obesity" Docuseries November 2017

Type 2 Diabetes

"The fact that type 2 diabetes, a largely preventable disorder, has reached epidemic proportion is a public health humiliation. A strong, integrated, and imaginative response is required, in which the limits of drug treatment and the opportunities of civil society are recognised." - The Lancet, Vol. 375, No. 9733, p2193, 26 June 2010.

Tendinopathy in Type 2 Diabetes

"Introduction: People with diabetes have a threefold increased risk of all musculoskeletal conditions. Patients with type 1 or type 2 diabetes have an increased risk of developing these conditions although ***the mechanism for this is unclear****.*

Definitions: ***The nomenclature of tendon conditions is confusing.***

Treatment: Where there is associated inflammation (tendonitis) also present, a 2-week course of non-steroidal anti-inflammatory drugs (NSAIDs) is indicated, being mindful of the ***risks of renal impairment****.*

Corticosteroid injections can provide excellent ***short-term pain relief. However, repeated injections risk local infection and damage tendon integrity, risking further degeneration and rupture."***

A ray of light, an eureka moment seems to appear and the realization that there mus be another way.

"This emphasises the complexity of diabetic tendinopathy management and ***the need for a holistic and multidisciplinary approach."***

An the acknowledgement of Toxaemia as a factor in the causation of the disease.

"Conclusion: Diabetic tendinopathy is not an overuse injury of a normal tendon, but the end result of ***longstanding metabolic degeneration****." - in "Clinical Intelligence", British Journal of General Practice, December 2018.*

Third leading Cause of Death

"The 3rd leading cause of death has published in the Journal of the American Medical Association is MD directed treatments, this means you go to a Medical Doctor an MD, he gives you a treatment and you die from it according to the US Department of Health and Human Services 15,000 Medicare Patients a month are killed by Medical treatment, and nobody goes to jail. 15,000 people a month are killed by Medical Doctor treatments and we don't bat an eyelash, this is because we have been, I don't want to say brainwash that's not the correct term, but we have been for the last 100 years kind of lead, into this false belief, I think it was Marcus Welby, MD (American medical drama television program from 1969 to 1976), that started; that the medical doctor is king, and knows everything about everything, and really you need to just shut up and follow your medical doctors advice.

Most people in the United States think that the predominant Medicine here MD directed Pharmaceutical Medicine we think that those guys are top dog.

They're in the driver's seat because of political and financial coalition's that were built at the turn of the century (1910-1920), most people have no idea of at all, and it's a gigantic problem, and I mean it's crazy right, it's the third leading cause of death.

And yet when the government makes noise about messing with people's insurance everybody freaks out and that's a whole other thing to talk about isn't it because what is medical insurance when you buy medical insurance what are you doing you're betting that you're going to get so sick you will not be able to afford it.

Then you pay good money every month to gain access to a system of medicine that's the 3rd leading cause of death in the United States.

This is why we have a social agenda, because people are suffering needlessly.

You wouldn't believe, as God is my witness, the things that I've seen people recover from in Holistic medicine, it's

the body's ability to fix itself, it is remarkable!

And most of the time, all that which the body needs is the raw materials, that it needs to do that.

We need to stop eating food deterring the body.

Give the body the raw materials that it needs, clean up, and at least your blood pressure normalizes, your arthritis goes away, your anxiety and panic attacks go away, and you can sleep through the night." - Dr Peter Glidden, in "iHealthTube", 2011.

References: Estimating Hospital Deaths Due to Medical Errors Preventability Is in the Eye of the Reviewer Rodney A. Hayward, MD; Timothy P. Hofer, MD, MS JAMA. 2001.

New findings: Johns Hopkins study suggests medical errors are third-leading cause of death in U.S., 3 May 2016.

> *"Many of us, myself included, have seen folks go into a hospital, for one problem or another, and end up coming out a lot sicker than when they went in, and in some cases dying as a result. How come this story is not on the front pages of the papers every single day." - Senator Bernie Sanders, 2014.*

Healthcare Against Health

This was the title of the conference by the Investigative Journalist and Health Writer Jesús García Blanca, in his conferences unmasks the Medicine Health System that not only does not solve health problems but, consciously makes them worse or creates them; a system that economically, is in a dead end and that, in addition, it is still allowed the absurdity of imposing a single direction, causing the huge health crisis there is today.

It is necessary to highlight the relationship established between Global Health, Education and Ecology; denouncing the complicity of the majority of doctors and professors, who cross their arms before a corrupt system of domination.

Very interesting is the reflection in his writings and conferences that he offers us on the Approach of the Microbial Theory of Disease, through which, the pharmaceutical industries have set up the perfect business. He urges us to take responsibility for our health, to decide and claim the therapy we want to practice.

> *"If we cross our arms, we will be accomplices of a system that has institutionalized silent death."- Jesús García Blanca, at the VIII Food and Health Fair 2015.*

Dr Andrew Taylor Still, MD, DO on Medicine

"The present schools of medicine are injurious schools of drunken systems that are creating morphine, whisky, and other drug-taking habits, to the shame and disgrace of the advancement and intelligence of the age.

If a man will die by means of poisonous medicines administered by way of his mouth, will he not also die from poisons generated in his own system by the law of fermentation and decomposition?

It is thus that we reason of the death of a part or of the whole body.

This poison has come through the self-generated fluids, which are poisonous and are absorbed in quantities sufficient to produce death to the part affected.

It may embrace the whole system.

As a child, I was taught that the difference between a doctor of law and a doctor of medicine existed in the fact that the doctor of law reasoned from cause to effect, while the doctor of medicine reasoned from effect to cause.

Both Guess-Work

Semeiology is defined as: "The science of the signs or symptoms of disease."

Symptomatology is defined as: "The doctrine of symptoms; that part of the science of medicine which treats of the symptoms of disease, Semeiology."

These definitions are from Webster's International Dictionary. Both words represent that system of guess-work which is now and has been used by medical practitioners as a method of ascertaining what disease is or might be. Allopathy, a School of Medicine known and fostered for these many years, attempted to find the real cause and cure of diseases, but gave up the search and went into camp and constructed temples to the god who purged, puked, perspired, opiated, and drank whisky and other stimulants.

Allopathy has destroyed its 1000's, ruined nations, established whisky saloons, opium dens, insane asylums, naked mothers, and hungry babies, and still cries aloud, and says: "Come unto me, and I will give you rest. I have opium, morphine, and whisky by the barrel. I am the god of all healing knowledge, and want to be so recognized by people and statute." - in Philosophy and Mechanical Principles of Osteopathy, 1902.

"I found the cause to be the ignorance of our "Schools of Medicine. I have observed for thirty years the workings of long-protected systems of stupendous, unpardonable ignorance, criminal ignorance, called allopathy. An allopath came in with medicine. He believed in tonics, sedatives, and many other little things.

Twenty-two years ago, I realized for the first time that the word "God" meant perfection in every particular. Previous to that I thought He was imperfection, all but a little, and that the imperfection could be filled out by drugs.

I saw that ignorance and drugs were contradictory to every principle of philosophy as a healing principle, the so-called science of medicine being a principle without a foundation.

The so-called science of medicine, with its stimulants and its other poisons, is doing more harm than good. Our work here at this Infirmary is to overcome the effects of medicine.

The science of medicine, as shown by dispensatories, has called to its aid about twelve thousand different kind of drugs in its effort to heal diseases.

I believe man made the mistake when he undertook to inject poisonous substances into the human system as a remedy for disease, instead of applying the laws of creation to that end.

Here is where Osteopathy and medicine part company. What does medicine do for you? By temporarily allaying the misery it often begets a worse thing and fills the system with poison.

In administering drugs the physician is never sure of results, and can only stand helplessly by, and await developments, trying another remedy when one fails." - Dr A. T. Still, MD, DO in "Autobiography of Andrew Taylor Still", 1908.

"I was in the practice of medicine, and had been for several years. I treated my patients as other doctors did.

A part of them got well and a part died. Others both old and young got sick and got well without the assistance of the medical doctor. The doctor of medicine has no hesitation in the free administration of drugs." - Dr A. T. Still, MD, DO in "Osteopathy Research and Practice", 1910.

Chapter XV

Needless Surgery

"The surgeon should not have recourse to operative measures till all simpler treatment has failed." - Sir W. Arbuthnot Lane

"If the people do not demand education, instead of vaccination and mutilation, in a few years there will not be enough sane people to care for the mental defectives." - Dr John Tilden, MD

"I do not recommend promiscuous surgery, and I perfectly well realize that if human beings would take proper care of their health, the great proportion of surgical operations would be unnecessary.
I realize, also, that surgeons get paid by the job, and therefore have a money interest in operating, and it is perfectly futile to expect that none of them will ever be influenced by the profit motive. Nevertheless, it is true that sometimes surgical operations are necessary." - Upton Sinclair in "The Book of Life", 1922.

"Think many times before undergoing a surgical operation. Surgery, in its place, is a wonderful aid in relieving thousands from suffering, and even in saving lives, but it is overdone. Many times a little more patience, giving nature a chance and applying eliminative and simple methods of treatment would prevent the "cutting." - Dr Simon Louis Katzoff, MD, in "Timely Truths on Human Health", 1921.

"There are men and women whom the operating room seems to fascinate: half-alive people who through vanity, or hypochondria, or a craving to be the constant objects of anxious attention or what not, lose such feeble sense as they ever had of the value of their own organs and limbs. They seem to care as little for mutilation as lobsters or lizards, which at least have the excuse that they grow new claws and new tails if they lose the old ones." - Bernard Shaw in "Doctor's Dilemma",1906.

"In my opinion Gastroptosis, Enteroptosis, and Hepatoptosis are non-surgical conditions." - Dr William A. Edwards, MD in "A Handbook of Practical Treatment", 1912.

"It is owing to our ignorance that there is any necessity for instruments to cure disease". - Abernethy

"If employment of the lancet were abolished altogether, it would, perhaps, save annually a greater number of lives than in any one year the sword has ever destroyed". - Dr Ring

"The man who wantonly wields the bloody knife for the sake of experience or a vain display of his adroitness, is a human savage, in whose breast soft pity never dwelt". - Dr Cumming

"Abominable is the murdering quack, who, for ever impatient to unsheath his blood-thirsty lancet, draws from a fever patient the irreparable balsam of life". - Dr Hunn

"19 cases out of 20 of intestinal stasis ought never to be operated in" - Dr William Arbuthnot Lane, MD

"The meek and sheep-like subservience of the majority of medical men to the vivisecting interests sufficiently explains the loss of confidence of which doctors, are well aware. The tide has turned. Vivisection castle is imposing, but it is a sand castle. If the vivisecting Canutes ever believed that they could stem the rising tide, their faith must by now be wavering." - Dr George F. C. Searle, Sc. D., FRS, 1936.

"Most surgery is unnecessary and most textbooks of medicine are inaccurate and deceptive." - Dr Allan Greenberg, MD, 24 December 2002.

One Operation Leads to Another

"The title "Doctor" is derived from the Latin docere, which means "to teach."

Every doctor should spend half of his or her time teaching patients how to promote good health. Doctors need to take the responsibility for educating patients because knowledge is an essential part of the healing process.

Dr. Kellogg say that he knew of many cases in which operations were avoided because the bowel was cleansed and revitalized. He maintained that 90% of the diseases of civilization are due to improper functioning of the colon.

People demand relief from pain and discomfort.

Their primary concern is temporary relief, not taking care of the problem at the root of their symptoms.

When a person is hospitalized for a health condition that was created by your lifestyle and dietary habits, as most conditions are it isn't enough to be patched up and sent

home to make the same mistakes over again.

One operation leads to another. Do you know why? Because nothing is done to deal with the problems that lead to first operation.

Operating on the Problem Instead of the Person

I ask the patients what operations they've had and, almost invariably, the first was a tonsillectomy. The tonsils, a specialized lymphoid tissue, function to eliminate the matter generated during the body's light against infection. They aid in the removal of wastes that occur in the body due to infection.

An inflammation or enlargement of the tonsils indicates that the body is trying to throw off an overload of waste material.

The tonsils excrete this material into the pharynx area, where it is swallowed and then passed out with the regular bowel movement.

Removing the tonsils compromises the elimination system in the body because it forces other excretory pathways to do the job the tonsils once did. The next-most-common operation is the appendectomy.

Considered a vestigial organ by medical authorities, the little wormlike appendix, like the tonsils, is another example of lymphoid tissue. It, too, can become inflamed if it is overburdened and toxic, as is common when the colon is dysfunctional and toxic, because the appendix is attached to the colon.

Toxic-colon problems, including appendicitis, occur when we fail to keep our bodies clean—that is, clean on the inside." - Dr. Bernard Jensen's, DC in "Guide to Better Bowel Care", 1999.

Never Found Necessary to Perform a Tenotomy

"These cures are not accidental, but the result of long, assiduous work, and can be foretold and observed gradatim in their different phases. It is certainly not the materia medica which celebrates triumphs in this connection. There are the numerous contractions and pseudo-ankyloses which belong to the surgeon's territory. Real ankyloses occur and distinguish themselves often by absorption of the epiphyses, but they are rare.

The pseudo-ankyloses are always secondary, caused by contractures of the muscles and retraction of ligaments. I treat them with immersions of the limbs in hot water. As soon as the limbs are a little loose and softened up with immersion and following massage, I make tensions under chloroform, but am cautious and let myself be led entirely by my sensations in regard to the extent of them, and rather repeat them than force too much, because we some times meet with infractions of spongy epiphyses, or with local paresis with circumscribed gangrene, which some times hold on 2 or 3 months.

I have never found it necessary to perform a tenotomy (surgical act which involves the division of a tendon).

I had, amongst others, a case of pseudo-ankylosis of nearly all the joints of the body. They were from 4 to 13 years old.

A Colleague who consulted with me seemed incredulous, when I said all these contractures would be cured. I asked him on the spot, pointing towards a contracted knee-joint, if he did not think that might be stretched. He gave an affirmation to the question.

The same when I asked this question in regard to a finger of a contracted hand. Well, I said, you concede the possibility of the cure of all these single contractures, why should they not all of them be cured?

Never be bluffed by the appearance of seemingly incurable cases of multiple rheumatic pseudo-ankylosis. I performed on the above case, forced stretching and bending

of 35 joints in 2 seances. Infraction of the epiphysis of the tibia, a paresis of the nerve radialis, lasting 3 months, 2 circumscribed gangrenes of the size of pennies was the consequence.

This patient was over 50 years old, after she had lost the use of her limbs for 13 years, after 5 months treatment, was able to walk 18 blocks every day. She learned to use her hands 2 years later, as she had forgotten the use of them, and only by little occupations in kitchen and home could be induced to use them again.

During the 4 years which have supervened she has never had an attack of neuralgia or rheumatism and she is completely cured, but I had to fight a neurasthenic melancholia which developed and lasted 2 years." - Dr. Hans Froelich, MD in "Medical Mirror", January 1984.

To Be Operated

"I cannot understand why some physicians warn their patients against enemas. It seems a shame to upset 24 feet of intestine with a purgative when the material to be removed is in the rectum or sigmoid within easy reach of a little water.

These "autointoxicated" people are often so anxious to find a royal road to recovery that they are ready to be operated on by any surgeon who will promise a prompt and complete cure.

My experience has taught me to avoid operations on such patients even when the X-Ray shows the presence of distinct abnormalities.

They are so sensitive that the surgeon can hardly leave the abdomen in such perfect condition that they cannot continue to feel something." - Dr Walter C. Alvarez, MD in "Origin of the so-called Auto-Intoxication Symptoms", JAMA, 4 January 1919.

Answer to this query

"Alvarez has tritely put it:

> *"Why upset twenty-four feet of intestine with a purgative when the material to be removed is in the rectum or sigmoid within easy reach of a little water?"*

An answer to this query is that but few individuals ever consult a physician before their constipation becomes chronic, and so fail to learn that an enema would be the best remedy to relieve their trouble quickly and efficaciously.

Moreover, even when so advised, they usually, like all average humans, seek the path of least resistance, finding it far easier to swallow a daily pill which helps to aggravate their trouble, than to bother (as they term it) with an enema, which gives better and far more lasting results, within a few moments, than does the pill in as many hours.

Diagnosis in Hemorrhoid Cases

A radical operation for hemorrhoids should not be undertaken until the etiology of the piles has been determined.

Sometimes the cause is an obstruction in the portal circulation due to hepatic disease.

Per contra, abscess of the liver may be due to infection from a hemorrhoid operation performed even some months before." - Dr Alfred J. Zobel, MD, FACS, Chief of the Department of Rectal Surgery, in Recto-Colonic Hydrotherapy", American Journal of Surgery, December 1921.

> *"It is rare in my practice to see a patient, suffering from colitis, who has not had the appendix removed with a short period of relief, followed by a recurrence of the primary condition with greater severity." - Dr Frank*

Anthony Cummings, MD in "The Colon as a Focus of Infection", The Rhode Island Medical Journal, 1934.

There is Nothing so Futile as to Attempt to Remove an Imaginary Pain by a Surgical Operation

Hertzler thus pungently pays his disrespects to the assigning of an indefinite but popular surgical alias for various diffuse but non-surgical abdominal symptoms and conditions:

"Many a girl with mild menstrual pains had her "chronic appendix" removed, and worse still, an ovary or two tinkered with.

Fortunately, it is now generally recognized that there is no such disease as chronic appendicitis and it has come to occupy the same place in pathology as the dodo bird does in ornithology.

There is nothing so futile as to attempt to remove an imaginary pain, or a non existing lesion like the so-called chronic appendix, by a surgical operation. The patient retains the pain and glorifies it." - Hertzleb, Arthur E., in "The Horse and Buggy Doctor", 1938.

Acute Intestinal Intoxications

Another example of medical trade procedures is the way and manner they go about to treat Acute Intestinal Intoxications.

Instead of removing by enema the putrefactive material from the bowels, the medical trade, instead is willing to pursue a costly approach, which is more complicated, less effective and, totally contrary to logic.

"Toxaemia. A means of directly combating an unknown toxin is not easily found. The presence of a circulating toxin, suggests however, the removal of the medium in which it is, and its replacement by another fluid.

Removal of the patient's blood, which contained the toxin, followed immediately by transfusion from a suitable donor." - Dr Alan Brown, MB, Dr Gladys Boyd, MB, in "An analysis of 75 cases treated in the Hospital for sick children in Toronto during the summer of 1922" The Canadian Medical Association Journal, 1923.

Nature Heals

"Nature returns to normal when enervating habits are given up. A fast, rest in bed, and the giving-up of enervating habits, mental and physical, will allow nature to eliminate the accumulated toxin; then, if enervating habits are given up, and rational living habits adopted, health will come back to stay, if the one Cured will "stay put."

For example: If wrong eating is persisted in, the acid fermentation first irritates the mucous membrane of the stomach; the irritation becomes inflammation, then ulceration, then thickening and hardening, which ends in cancer at last.

The medical world is struggling to find the cause of cancer. It is the distal end of an inflammatory process whose proximal beginning may be any irritation.

The end is degeneration from a lack of oxygen and nutriment, and, in degenerating, the septic material enters the circulation, setting up chronic septic poisoning called cancer cachexia.

Disease is a Common Expression of Universal Enervation

The organ which is suffering from many crises of Toxemia is discovered, it may be ulcer of the stomach, then the ulcer is cut out; it may be gallstone, then the stone is cut out; it may be fibroid tumour of the womb, then the tumour or womb is cut out.

The operators have not the slightest idea of the cause of

the effects they so skillfully remove. In the treatment of deficiency diseases, the lacking element is supplied from the laboratory; but nothing is done in the line of restoring the organ to normality.

Why? Because medical science has not discovered why organs fail to function properly; and until this discovery is made, scientific blundering will continue. If we do our duty to our children, shall we teach them the laws of their being and how to respect them, or shall we go on in the same old way, and, when they get sick from breaking the laws of their being and ruin their health, call a surgeon who will cut out God's mistakes?

Think it over; or, if you're too fanatical or bigoted to think, pay a surgeon to cut out the effects of wrong living, and continue the cause." - Dr. John H. Tilden, MD in "Toxemia Explained, The True Interpretation Of The Cause Of Disease", 1926.

Medical Freedom

"It seems to me unquestionably oppressive and tyrannical to treat parents as criminals, who, in good faith, dissent from a medical opinion that their child should be operated upon. It seems to me at least a probable interpretation of the law (The Children Act, 1908), that a charge of wilful neglect implies an intention to neglect.

I hope that the magistrates will seriously reflect on the grave responsibility they will incur if they convict a poor man illegally of a criminal offence. But whatever may be the strict law upon the matter, I should have thought there could not have been any doubt that it is harsh and oppressive to punish a father criminally because he honestly thinks his child ought not to undergo an operation which doctors believe to be desirable.

What would any wealthy and educated parent say if, when he refused to have his child operated upon, he was threatened with a criminal prosecution? But, of course, such a thing would be quite impossible: this is a law that is only used for the correction of the errors of the poor.

And poor men have great difficulty in availing themselves of the resources which are at the disposal of those who are harshly or unreasonably prosecuted." - Lord Hugh Cecil in "Melton Mowbray Times,'' 6 June 1915.

One of the Most Common Causes of Chronic Invalidism

"In every case of familial chronic intestinal intoxication the ileo-caecal area is involved. There is always thickening, and also tenderness on pressure, either deep or superficial according to the degree of inflammation present.

The thickening is due, in the main, to the changes the mesentery in this area undergoes. The appendix itself is never solely attacked, although in the very acute cases it may be the structure bearing the brunt of the inflammation. In the acute cases it is necessary to remove the appendix, but in the sub-acute or chronic cases no operation is called for because treatment of the chronic intestinal intoxication is more efficacious, being more comprehensive and fundamental.

There is probably no operation so frequently performed, and so seldom needed, as appendicectomy, and because the operation is itself successful surgeons are apt to think that the patient is definitely benefited. A few patients are temporarily relieved, but this is the result rather of the rest than of the operation; more are made worse, and in all, the fundamental trouble is left untouched.

An operation certainly removes the risk of a very acute condition occurring later, but ridding the patient of his chronic intestinal condition does this more effectually.

The caecum is almost invariably atonic, and being in this condition it tends to become distended with gas.

The atony is probably the result of previous spasm, and occurs when irritation of the nerve endings in the wall gives place to paralysis, a sequence of the local precipitation of hydrated protein particles. It is held by some of those who do not suggest adhesions as the cause of the persistence of the patient's troubles after appendicectomy, that they are

occasioned by a movable caecum, and instead of re-operating to remove the former, caecopexy is performed with equally unsatisfactory results. Failing this, the patient is often advised to have the gall-bladder removed.

One of the most common causes of chronic invalidism, in women particularly, is repeated laparotomy (any operation in which the abdomen is opened for surgical treatment)." - Dr. James Eustace Radclyffe McDonagh, F.R.C.S., in "The Nature of Disease", Part III, Section I, 1931

Physio Therapeutic Measures

"Cervantes once said that:

> *"History is the witness of what is past, the example and instructor of the present and monitor to the future."*

How well this applies to the history of physical measures in the treatment of disease. Many, many generations ago, water, sunlight, heat, cold and massage were used in an attempt to relieve the ills of mankind. Hippocrates, Galen, Celsus and others have extolled in turn the virtues to be derived from the employment of these natural agencies, albeit they also warned of the potential evil effects of their abuse by is new to us only in name.

The healthful effects of sunlight were recognized ages ago, and the heliotherapy baths of today are, no doubt, very modest replicas of the sun bath emporium of the Egyptians, Romans and Greeks. The ancients were satisfied to enlist the aid of nature alone in treating disease.

Our increasingly precise methods of studying the physiology and chemistry of the body afford us a means of approach to the problem that we have unfortunately been slow to accept.

As a result the clear-thinking, conscientious physician of today is needs at his wit's end. as regards the whole question of physiotherapy. He is in a fog, as it were, blindly groping for the truth and finding it more elusive than ever. His knowledge of physiotherapy, if he is interested at all, must

be gleaned from the fiction and advertisements that abound on the subject, and should be read both, he finds it difficult to know where the one begins and the other ends.

Much of the literature he justly regards with suspicion as it is so obviously coloured by the enthusiasm of some manufacturer or paid agent. His opportunity for instruction on the subject is just as limited. His medical school offered him none, and his hospital experience, if he had any at all, which is usually the case, was limited to seeing a few dusty, rusty appliances that no one knew much about.

Who then can blame him for the healthy skepticism he manifests? And who can blame him for the lingering suspicion that even some of the professional literature on the subject is not to be relied upon, since it is so absolutely barren from a scientific standpoint?" - Dr Russell S. Bulks, MD, in "International Journal of Medicine and Surgery", August 1930.

"After more than 10 years and $100 Million, the International Study of Comparative Health Effectiveness With Medical And Invasive Approaches (ISCHEMIA) has delivered a decisive result: an invasive strategy on top of optimal medical therapy offers no benefit beyond OMT alone in preventing a range of major cardiovascular events in patients with stable, moderate-to-severe coronary artery disease." - in "TCTMD", 16 November 2019.

"America Heart Association 2019: ISCHEMIA shows no benefit for revascularisation in patients with stable ischaemic heart disease. The largest trial to date to compare revascularisation with a conservative strategy in patients with stable ischaemic heart disease has found no additional benefit a median of 3 years after the procedure." - in "Cardio Vascular News", 26 November 2019

Chapter XVI

Nutrition

"There are many diseases which differ from those of repletion but are no less serious. They arise from defects in feeding. The treatment in these cases is varied and requires great circumspection. One must aim at a certain standard. But the standard of nutrition admits neither of exact measurement nor of calculation. Therefore we must be guided by the effect of diet upon the body." - Hippocrates, On Diseases.

"The physician who studies the preventive side of insanity; the side of broadest and grandest service to the human race, must come more and more to consider the elements of rest and food in connection with those defective organisms to whom a slight variation from health means the darkness and despair of insanity." - Dr John W. Givens, MD, Superintendent Idaho Insane Asylum, in "Some Suggestions as to the Treatment of Acute Mania", JAMA, 28 July 1894.

"Notwithstanding the great advance in our knowledge of the value of diet regulation in the treatment of disease, very few hospitals of to day are adequately equipped to feed patients properly according to modern dietetic principles." - Dr Charles Clyde Sutter, MD in "New York State Journal of Medicine", 1914.

"The part played by food in the maintenance of good health and in the prevention of epidemic plagues has

long been known to the public. Those of us acquainted with the history of the development of the science of nutrition are at a loss to explain why it has taken so long for physicians to establish an "eye to eye" correlation between the relation of food to the health of animal and man. In the past only in isolated instances did physicians drop their medicine bags long enough to question the relation of faulty or deficient food to the physical ailments that they were treating. Even now, despite the numerous positive findings of nutritional research, the rank and file of physicians and dentists ignore the enormous therapeutic potential which is inherent in foods of good biologic value." - Dr N. Philip Norman, MD in "The American Journal of Digestive Diseases", Vol.16, No. 2, 1949.

"I believe nutritional medicine to be the mandatory medicine of the next century. It is extremely effective, particularly in the early stages of disease, where modern orthodoxy fails miserably. Its preventive approach is a guaranteed benefit; and last but not least, it is economically effective. " - Derrick Lonsdale, MD, in "Why I Left Orthodox Medicine", 1994.

"I came to the conclusion after a few years of qualifying that the impact of nutrition on health is very profound – something we don't hear in medical school at all though." - Dr Aseem Malhotra, MD in "I News", 7 July 2017.

"Modern medicine has tabulated a vast amount of information relating to the processes of life. Investigators and clinicians are adding daily to this storehouse of information.

There are innumerable facts on record, pertinent to the solution of vital medical problems, which are lost in the files and never applied practically.

The ineffectiveness of medicine in coping with many medical problems is not due to a lack of information related to the problem, but to the non-correlation of known positive or negative facts.

The reasons for this lack of correlation are diversified; ranging from a callous indifference to medical progress to a lack of time and opportunity on the part of clinicians.

Possibly the most confusing chapter in medicine today is the one related to the problem of diet. Text-books on treatment are woefully barren of tangible information.

The authors assume that the medical man is sufficiently schooled in dietaries. Instructions concerning diet are usually dismissed with the admonition: "Of course, the diet must be carefully planned, etc."

The greatest reflection on medical intelligence is to be found in the diet kitchens of the hospitals. The interns, the nurses, and the patients testify voluntarily of the shortcomings of hospital fare. The average meal consumed today is the outgrowth of the efforts of cooks who have catered to taste rather than to reason. The basic plan is to combine proteins, carbohydrates and fats. The conception of the calorie has retarded logical and rational reasoning in regard to diet, more so than any single other factor.

The calorie is definitely associated with protein, carbohydrates and fats. The calorific conception is a fuelistic rather than a nutritional conception. Nourishing such a complex aggregation of cells designated as the body differs widely from the problem of burning fuel to make steam.

If life is worth living, it is logical to yield to the desire to prolong it, so long, at least, as satisfaction is derived from it or given by it.

And giving way to this desire for the past centuries, people have striven to increase the number of their days, sometimes by rational methods and too often by irrational measures unfounded either in reliable empiricism or in correct theory." - Dr N. Philip Norman, MD, Instructor in

Gastro-Enterology, N.Y. Polyclinic Medical School and Hospital, New York City in "Journal of the Medical Society of New Jersey", 1924.

In Regard to the Diet of the Patient

"**It is certain that what goes into the alimentary canal will be a very important factor in influencing the various phenomena of the patient. The toxic or impoverished condition of the blood must be corrected largely by the influence of this factor, and it is one of the defects of medical thought and study that they give too little attention to food.**

It is not to the honour of medical teaching that the graduate knows more about the preparation and properties of drugs, than he does about the properties and qualities of suitable foods in disease.

The blood of the acute maniac is in both a toxic and impoverished condition.

The toxic element is perhaps the more important, especially if the patient is now in bed and needing only a minimum of nutritive matter.

The question of food is now, as always, of first importance and should receive as careful attention as the medicine. And be assured, oh ye of little faith, that the food of the acute maniac is not a matter of indifference in determining his condition, but is one of supreme importance and should always be recognized as such.

An ideal food in this condition would be one that:

1. Attractive to the patient.
2. Not easily break up into toxic materials.
3. Afford the degree of nutrition needed by the organism in its diseased condition.
4. Favourable to elimination, to the end, that the toxines in the blood might be eliminated.

Such an ideal diet is furnished by fruits in large variety, raw and cooked, fresh and dried, bread made without yeast, the very best butter, cream and milk. **Meat should be given not more than once a day, and in very limited quantity, much less than the average patient desires.**

The fruit, will afford a diet that is attractive to the majority of patients. It does not break up easily into toxic matter; it affords what nourishment is needed, and it, above all other forms of food, favours the action of the eliminating organs.

In regard to the use of laxatives, they will rarely be needed with the diet mentioned, but when they are needed they should be used in small quantities, and given as often as each meal time, with a view to establish a physiologic function of the alimentary canal, and not the pathologic condition of even moderate purgation, much less the violent purgation of the good old navel divider." - Dr John W. Givens, MD, Superintendent Idaho Insane Asylum, in "Some Suggestions as to the Treatment of Acute Mania", read at the 45th Annual Meeting of the American Medical Association, 1894.

The Subject of Food and its Influence Upon Health

"The subject of food and its influence upon health is much on the order of clothes and their influence. Not more than 1 physician in 100 knows anything about either except from custom and tradition. Most of them, when asked about food and clothes, get off what inherited knowledge they have.

The Common instruction given by average doctors is:

"Eat what you like, and all you want; eating has nothing to do with your disease."

Some go so far as to say that moderate smoking and drinking will do no harm. Quite a number of doctors diet every patient, a sort of Jiggs diet.

To meet the popular demand, doctors who know nothing about diet at all pretend they do, just to please the demand. A doctor who eats in the conventional way knows nothing about correct eating. Forty years ago doctors declared that all the people I induced to eat raw vegetables (the combination salad made up of raw vegetables) would die of typhoid fever, that raw vegetables and fruit were infested with germs of typhoid fever.

That is one only of millions of wrong guesses made by doctors in the past 60 years. If the doctors who condemned Typhoid Mary and other carriers to a living hell had compelled their victims to eat raw fruit and raw vegetables, they would have rid them of their typhoid and other germs, and incidentally given them a greater benefit by curing them of their exclusive cooked-food-eating habit.

A still greater blessing for their victims would have followed as surely as night follows day; namely, a normal state of the stomach would have returned as a result of the exclusive use of raw food.

A return to normalcy means all that the word implies, that perfect digestion has returned, and a state of resistance that refuses hostage to germs and parasites.

1. As soon as I succeed in teaching patients the proper combinations of food, and that they must respect their food limitations, they get well and stay well.

2. Nature is continually protecting herself against the invasion of detrimental material.

3. Those who overeat overwork their bodies in the line of self-protection.

4. To avoid auto-infection it is necessary for people to have some idea in regard to their digestive capacity.

4. To eat in a haphazard manner is to invite trouble.

For anyone to believe that all there is to eating is to get something that pleases the palate and then eat just as long as

there is a feeling of desire, or a longing to gratify the gustatory function, is to advertise one's ignorance.

We hear of diet cures, dietitians, balanced rations, meat diets, vegetable diets, and other diets, chemically prepared foods of all kinds.

The reading public is bewildered with hundreds of health magazines and thousands of health ideas.

There are thousands writing on health who would not recognize it if they should meet it on the street.

Fanaticism, bigotry, stupidity, and commercialism are the principal elements in the dietetic complex that is now belabouring the public." - Dr. John H. Tilden, MD in "Toxemia Explained, The True Interpretation Of The Cause Of Disease", 1926.

The First so-called Diseases are Digestive Disturbances

The child is enervated; the digestive function lags; indigestion, decomposition, and putrescent infection irritate the delicate mucous membrane of the stomach, establishing a point of exit for toxin; the stomach, bowels, and air-passages become the site of crises of Toxemia; which in medical text-books are named "diseases of children", "and the varying phases are given distinctive names which confuse, complicate, and confound the founders of the system and their satelitos." - Dr John Tilden, MD

Knowledge of Diet

"I have impeached constipation as the cause of all the ills of civilization, and I will now outline how stagnation of the contents of the bowels and the mechanical and toxic changes which result therefrom can be avoided.

The great physician, Hippocrates, used to urge upon the citizens of Athens that it was essential that they should pass large bulky motions after every meal, and that to ensure this; they had to eat abundantly of wholemeal bread, vegetables and fruits.

Today the medical profession in general regard one action of the bowel daily as being sufficient for health.

On this, I can only comment that the modern doctor is not following the precepts and practice of his great predecessor, and that knowledge of diet has not formed an integral part of his education.

This is evidenced by the fact that even popular physicians have asserted that white bread is just as good a food as wholemeal bread, and some have even protested that the bran and germ extracted from the wheat are injurious and irritating to the human intestine and are therefore only fit to fatten pigs and other animals who thrive on them.

It is to be hoped that the entire public to make themselves familiar with the laws of diet. Such knowledge will serve to keep the people in health and will do a vast amount to prevent disease." - Sir William Arbuthnot Lane in "The prevention of the diseases peculiar to civilization" 1929.

Foods that Keeps Indefinitely

"Incurable diseases do not advance without supplies.

Withdraw the cause and the body is self-healing.

What is wrong with most people is that they want to eat things that are not good for them, they want to drink things that are not good for them, and they want to do things that are not good for them.

> *"One-third of what we eat enables us to live; the other two-thirds enables the doctors to live." - Lindlahr*

We now have food that "keeps" indefinitely... which means that germs cannot live on it and that, in turn, means that we would be well advised not to try to do so either.

If the additives are so poisonous that they will kill bugs, it is only a matter of time before it does the same to the human consumer" - James C. Thomson

Raw Foods

"The universal acceptance of the germ theory and widespread bacteriophobia resulted in frenzied efforts to avoid the threat of germs.

A whole new era of modem medicine was then inaugurated, including sterilisation, pasteurisation, vaccination, and fear of eating raw food.

Medical authorities advised the public to cook all food thoroughly and to boil water.

With the deprivation of raw foods, an inevitable deterioration of health ensued.

The practice of killing germs with drugs was also initiated, resulting in iatrogenic (medically-induced) disease and further degeneration of health." - Arthur M. Baker in "Bacteria, Germs and Viruses Do Not Cause Disease" 1994.

The Medical Trade Ignorance of Dietetics

"Hippocrates, admonished his circle of medical students in one of his most pithy and precise aphorisms:

"Thy food shall be thy remedy."

No one, to date, has more eloquently given us a way of life.

The medical trade insists it strives to emulate the Father of All Physicians and, indeed, is required, before licensing, to take the Hippocratic Oath, one of the most sublime declamations for lofty ethical standards ever penned.

Yet today there are thousands of dedicated bacteriologists, pharmaceutical researchers and chemists sitting in gleaming white laboratories in every major city throughout the world, busily turning out synthetic, if highly touted, magic panaceas for every known ailment.

Their battle cry appears to be:

"Thy remedy shall be our newly invented remedy."

Yet despite the advances in technological knowledge and the millions spent on medical research programs, mankind sickens and dies; hospitals and mental institutions are filled to overflowing with the diseased and the hopeless. And although extremely low standards of physical fitness were used, approximately 40% of America's young men were judged unfit for military service in World War II.

Three times during the last decade military physical-fitness requirements were lowered. So that while we are the most wealthy country in the world, we are also, comparatively, one of the least healthy.

Our forecasts for the continued increase in the incidence of cancer, high blood pressure, heart disease, in fact, all the degenerative diseases are most dismal.

When I was a medical school student in the early days of the century, the study of nutrition was very sketchy; even today most doctors are painfully ignorant of the real advances in nutritional science.

I began to suspect the close relationship between health and proper eating habits when, early in my career as an overworked young doctor, my own health broke down.

I have always been a man of great curiosity and as I investigated deeply the chemistry of food along new lines.

I came to the conclusion that I, personally, must give up the use of drugs and henceforth rely solely on food as my medicine.

It wasn't long until (after repeated verified results) I discarded drugs in treating my patients.

My colleagues, at the time, thought I had lost my mind. But time has only strengthened my belief.

Today we are not only in the Atomic Age but also the Antibiotic Age.

Unhappily, too, this is the Dark Age of Medicine, an age in which many of my colleagues, when confronted with a patient consult a volume which rivals the Manhattan

telephone directory in size.

This book contains the names of thousands upon thousands of drugs used to alleviate the distressing symptoms of a host of diseased states of the body.

The doctor then decides which pink or purple or baby-blue pill to prescribe for the patient.

This is not, in my opinion, the practice of medicine.

Far too many of these new "miracle" drugs are introduced with fanfare and then revealed as lethal in character, to be silently discarded for newer and more powerful drugs, which allegedly cure the ills to which the flesh is heir.

I discarded drugs partly because I began to re-examine an old, old medical truism - that nature does the real healing, utilizing the natural defences of the body.

Under the proper conditions nature if given the opportunity, is always the greatest healer.

It is the physician's role to assist in this healing, to co-operate with nature's forces; to play a supporting role instead of star of the show.

Nature does not follow Madison Avenue's "Feel Better Faster" but takes her time, slowly, as a tree grows, a little more each day.

Nature never rushes to get a sick man or beast on his feet; she also demands a slow and steady convalescence.

Sick animals rest or sleep and refuse all food until nature has healed them. Isn't it proper, then, to expect that nature can do the same thing for the sick human if only she is given the opportunity?

Because I believe this so deeply, I have been in disagreement with doctors who stuff the sick, exhausted man with powerful toxic drugs and then are forced to use other drugs to "remedy the remedy," as it were.

Instead I "fast" the patient on simple vegetable broths or diluted fruit juices in order to give the exhausted body organs an opportunity to discharge their waste products and heal themselves."

Call me "controversial" if you will; I have taken the revered Louis Pasteur off his pedestal. Years of laboratory

observation and experimentation have taught me that germs do not cause disease.

Germs are merely a concomitant of disease present in every sick individual but able to multiply in a sick person because of disturbed function.

Every new concept developed in medical science points the way to a new area awaiting further exploration.

Discarding both the use of drugs and the germ theory of disease opened the way for me to explore new methods of eliminating the stagnating waste products from the body.

Briefly stated, my position is: improper foods cause disease; proper foods cure disease. In upholding this thesis, I have been in disagreement at times sharp, with organized orthodox medicine.

While seeking additional methods to aid in this elimination of toxins, I began a study along original lines, here and in Europe of just how I could use the endocrine glands, particularly the liver, adrenal, thyroid and pituitary glands.

From there, my medical curiosity led me to a study of the harm done to the body by various stimulating foods and non-foods, such as (refined) salt. The average American predilection for doughnuts and coffee hot dogs with mustard, ice cream, fried meat, French-fried potatoes, pie & la mode, together with between-meal sweetened cola drinks, candy bars and coffee breaks, synthetic vitamins and aspirin cannot make for health. As a child of four back in Cincinnati, Ohio, I announced to my parents one day that I wanted to be a doctor.

For over 50 years now I have been a doctor, not a specialist, merely a general practitioner.

A decade ago, I thought I might retire and devote myself to my hobbies: music, reading, sculpture, mountain climbing and wild animal study, so I closed my Pasadena office and built a glass-walled house on a sea cliff, high above the sun-warmed Pacific.

But patients from near and far (even from abroad) sought me out in a steady stream seven days a week, to learn how proper food, individually selected for their particular ills,

will cure them. If I have helped them back to health, I am well rewarded, for in the process I have become not only a counselor but a friend." - Dr Henry G. Bieler, MD in "Food is your best medicine".

The Medical Trade Ignorance of Food Values

"Is it possible to afford the public better evidence of the sublime ignorance of very many members of the medical profession on the subject of food values, and of the important part diet plays in their capacity to look after the health of the public, than that supplied by the answers to the bread ballot of the Millers' Association just published?

It is almost impossible to realise the apathy and ignorance manifested by them.

To quote the report as follows:

> *"Analysis of the figures shows that 89%, of the doctors who replied to the question actually eat white bread: 76.6%, of those who definitely answered the question repudiated the statement of the president of the New Health Society (namely, that "The curse of our age is that we are provided with white bread ") and a further 10.1%, regarded it as misleading; while over 80%, considered white bread a good and nutritious food in a mixed diet, and did not agree that in such circumstances it was likely to lower the standard of national health."*

The Ministry of Health reports, the British Medical Journal, and an incalculable number of observers, have shown the utter insufficiency of white bread to support life, while on the other hand they assert that wholemeal bread is a complete food. In support of a trade whose present interests obviously are detrimental to the public, such an

attempt to confuse the mind of the country appears - to be almost criminal." - Sir William Arbuthnot Lane, MD in "Secrets of Good Health" 1927.

Medical Trade Specialities

"iThrive! Rising from the Depths of Diabetes and Obesity", Docuseries 2017

"There's about 130 medical specialities, there's not one called nutrition, so medical doctors are not training area, there's no dedicated research institute for nutrition, and they're not reimbursed or give advice masseur so what we have is a Medical System that is rotten to the core." - Dr T. Colin Campbel, PhD, in "iThrive! Rising from the Depths of Diabetes and Obesity", Docuseries, 2017.

"Why wouldn't my own doctor, be extensively trained in nutrition, isn't nutrition about the actual fuel going into my body, that provides the energy and nutrients for all my life processes, wouldn't that be high on the suspect list of driving factors of chronic disease.

How does a Medical System like that, evolve that would not have nutrition at the core of its curriculum, what other systems are contributing to the lack of information or misinformation, and outright nutrition myths, that affect our health and beliefs in the midst of the twin epidemics and pandemics of diabetes and obesity." - Jon MacMahon

"I'm saying now, is the story the pharmaceutical industry doesn't like to hear because the entire history of the pharmaceutical industry is: first they don't tend to understand what nutrition is, so I'm telling you about the research tip on doing that get in and find out then, not only does nutrition play roles in cancer, a place of almost identical roles in many ways different mechanisms, but same effects mores for heart disease, protype diabetes,

obesity or immune diseases, this story is basically, that nutrition is not part of the Medical System.

I mean there's not a Medical School in the United States that teaches nutrition, doctors don't know, but they're making these decisions, but they don't understand nutrition. So they don't know what they're, what the cure can be, so he's not taught in Medical Schools.

The National Institutes of Health, was fun to practice all the research quite generously of my research over the year's. There's 28 Institute's at the National Institutes plural of health, 20 institutes one for heart, one for cancer, one for "so forth and so on".

Do you know there's not a single Institute called the Institute of Nutrition, so this subject is not taught in Medical Schools.

There's no serious effort made to do research in this area.

I kind of did my research getting money from the cancer community, and at the end of the day, I felt like the tail was wagging the dog, because there was the nutrition, I got very excited about." - Dr. T. Colin Campbell

"Our whole educational framework is based on an idea of trying to understand one nutrient at a time, nonsense it's nonsense that's what Science has become, that's what Medicine has become.

So medical people they are what I call a reductionist model and focus on making pills and procedures, instead of calling nutrients nutrients, they started calling nutraceuticals about 20 years ago, to make it sound like a drug, they've created a $30 Billion dollar nucleus supplement industry, whole thing was to try to figure out ways to make money, that's not medicine, there's not promoting health, you can't sell lettuce and keep her intellectual property.

I was once the chairman of the National Committee called "Nutrition Fraud", so I'm speaking from some professional experiences, because academic research right now is being controlled too much by corporate interests, that's another whole story." - Dr. T. Colin Campbell

"A diet with a huge variety of natural plant foods with some moderate degree of fat in it and the fat is from a whole natural food.

Let me say this statement that the only thing proven in the history of science to extend human lifespan is a diet that has caloric reduction with adequate micronutrients.

I'm going to say that one more time, I am using the word proven in a scientific sense, because it means reproducible in one study after another, after another, it's reproducible in animal studies and primate studies and human studies that when people eat less calories a reasonable caloric reductions they don't become overweight, their body fat stores are very relatively low in an environment of micronutrient adequacy, they're taking in the full, a high level of micronutrients, and all the micronutrients humans need we see radical enhancement human lifespan." - Dr. Joel Fuhrman

"There was a young man who was in elementary school who would take to lunch to Red Bulls every day.

Somebody had to be buying those Red Bulls and giving them to him because he wasn't old enough to buy them himself. It comes packaged, in looks like a soda, and people just think oh it's okay, well I'm an Emergency Physician by training and what I've seen is, I've seen young people coming into the hospital with irregular heartbeats, abnormal heartbeats, palpitations they're having chest pain, and it's based on their consumption of caffeine so caffeine is a drug that should not be taken lightly and we should not be using it on a regular basis because it promotes disease all over our bodies but parents play a role in all of this parents have a responsibility to their kids and I believe to God as well" - Dr Roger Gallant, MD

"So I've had an interest in nutrition since I was a kid I actually believe it or not was the fattest kid in my grade growing up all the way up through fifth grade my diet was not the best I ate I have strong memories of eating Wendy's Frosty's every Friday after dinner we'd stop by the drive-through and pick a large Wendy's frosty up and I would

consume the whole thing the next day on Saturday while watching Saturday morning toons my brother's favourite meal they cooked for me was Pillsbury Dough croissants and corned beef hash.

So I had of course at that age had no idea of the relationship between nutrition and my weight but around fifth, sixth grade I started gaining interest in how I could lose weight and it came back down to diet and what's proceeded was over the course of my life was multiple fate dietary phases you know back in the 80s it was the big low-fat craze and so I would eat tons of gummy bears and Twizzlers and a nonfat Entenmann's dessert treats and basically ate as much sugar as I wanted grossed and orange juice as long as the number of grams of fat on the back said zero, and of course now since then we've learned of the harms of that way of eating and the incredible amount of processed food that comes in eating a nonfat or a low-fat diet that pays no attention to sugar and salt and certain additives like that and then, I went through a phase where I went through the Paleo diet, this was thanks to my brother in 2012 who was having some success losing weight on the Paleo diet and not having had a single hour of nutrition during medical school.

I thought that it made sense, right, cut out the carbohydrates lower your blood sugar levels and lose weight in the process and so you know there was a period where my entire family my dad myself my mom we'd eat things like avocado bacon and you know you name it so whatever fat meat there was as long as there was no carbs we would eat as much of it as we wanted to.

I'm embarrassed to say even during medical residency, I was advocating this to some of my diabetic patients because that was the world of nutrition that I knew" - Dr. Anthony Lim, MD

"1 out of 3 Americans is considered obese or overweight it's a serious epidemic in nature about one in a hundred humans would be considered obese but we're now at an epidemic rate of about one and three and the main reason is

because we have so much confusion in the media about what really causes obesity" - Dr Kerrie Saunders, Ph.D.

"Just by minding their calories was somewhere around 1% in other words this was about a 99% failure rate of the plan that we gave people and the really the sad part about the whole thing is that we told people to eat less and move more we knew that this had a 99% failure rate and yet when they failed we turn around and blame them for it.

We said: wow, you didn't have enough willpower you should have walked a little bit more, well, we knew all along that it didn't work who hasn't done it virtually the whole world has tried it, and virtually everybody has failed, so why do we blame people when they do fail instead what we should have been doing is looking for a sort of better plan of action that is counting calories doesn't work.

I started to look at the field of obesity medicine and truthfully it was a real mess the whole idea that we should be counting calories was just not viable that is it sounds good in theory but in practice it was a complete failure" - Dr Jason Fung, MD

"So we're talking here about eating concentrated calories and the more oils you eat and the more processed carbohydrates you eat and the more adult products you eat all those foods do not contain phytochemicals and antioxidants so the more atom parks you eat you're pushing high phytochemical foods and high fiber food and high antioxidant food off your plate.

Fast food and processed foods are destroying humanity destructive to the world we're seeing epidemics of diabetes and obesity all over the world today as we export the American Way of life and fast food restaurants and eating processed foods that have bags and boxes and we export when the people want to emulate what we do in America and they're becoming bigger larger and more diabetic and more and higher rates of cancer but in this country today it's devastating, it's devastating to our population because being diabetic doesn't just cost about $1,000 or more months in

medical care it's about 10 to $12,000 dollars more a year it's destroying our economy, it's keeping putting people into poverty, people losing their homes because of it everything they've earned and made all their life they can't keep taking care of their families it all goes to the medical profession, they're all their life savings most people die penniless in America because then they're poor when their later years because their medical care takes all their effort and economic resources and their whole lives revolves around their medical treatments.

But it's worse than that because it affects the human brain when you're sick and you eat like our medic Americans eat your brain deteriorates that our agent you know it doesn't just age your heart you don't just get heart disease without brain disease while you're still living you're ageing the brain and you're losing your mental faculties where you can't make right good decisions anymore you can't perform well you can't have fun in your life you can't think straight and you develop cognitive impairment which means before a person gets frankly demented but they can't think straight at all they lose they have some intermediate level of poor thought process they lose memory, they lose thinking process they can't do mathematical equations well in other words they have some degree of mild cognitive impairment from their diabetes that's interfering their ability to enjoy life and increases the risk of depression" - Dr Joel Fuhrman, MD

"We've got a change in society on very different levels here we have to recognize that birth defects are linked to what the parents ate and that what we eat doesn't just affect their own life it affects the life of our children and future generations there's even studies that show that you're unhealthy diet could affect your grand children's health to generations later if all that I discussed that in my book "The Fast Food Genocide", I discussed how the unhealthy diet based on processed foods and animal products can have a negative effect on your genes that are passed on to 2 generations and we have to stop this and things gonna get worse, we're gonna see more childhood cancers and more

autism and more problems with promote with intellectual and attention deficit discontinue to have you know go on and on for generations.

Eating this way we're destroying that the world, is destructive to our own families lives and we're putting strain, so we've really not recognizing how poor nutrition affects criminal behaviour, crime drug use, intellectual impairment, propensity for violence and how everything in societies interacts, and how bad food, or poor food intake is a primary causative factor in all these things, and we've got to start with looking at the cause here, and get to causative factors.

The place to start though is with ourselves, they always say: Put on your oxygen mask on yourself first and then reach out and help others put on their oxygen mask." - Dr Joel Fuhrman, MD

> *"A stumbling block in medical education is the weak nutrition training of doctors and nurses."- Dr. K. Bain, U.S. Children's Bureau, 24th October 1941, in an address to the American Dietetic Association in session, St. Louis.*

> *"Prevention is infinitely better than cure." - J. Ellis Barker 1927.*

> *"The usual case of this sort goes pretty much like this: An individual becomes ill, seriously ill. The other members of the family rally around, naturally enough, and in a desperate effort to do everything possible for the stricken relative, insist on one or more specialists who will supply what they believe is the "last word" on the subject. Over-anxious and overwrought, it is of no consequence to them that this "last word" is the same word that has already been said. Reassurance is the thing. Accordingly, the specialists arrive, repeat the*

family doctor's monologue, change the medication in no real way except, perhaps, to suggest a new brand of the same product, collect a fat fee, and depart, leaving behind a satisfied family, morally, if also an unaffected patient, physically. At the rate we have been going until now, the day will rapidly come when at least twenty-five doctors or more will be needed for a thorough physical examination. When, if an accident occurs and fifteen physicians are on the spot, there won't be one of them able to help any more than an intelligent boy-scout, because the injuries don't happen to fall in their particular specialities." - Evelyn Barkins in "Are these our Doctors", 1952.

Chapter XVII

Body Mind Soul

"Should the body sue the mind before a court of judicature for damages, it would be found that the mind had been a ruinous tenant to its landlord." - Essays of Plutarch

"In that Trinity of being: of body, mind and soul, which so marvellously make up the Man, each one has its own special ills and diseases.

With the first of these: the body, have we here anything to do, leaving the second to be attended to by that class of men whose duty it is "to minister to minds diseased", i.e. Psychologists, while those of the third class beyond the Physician's skill seek aid elsewhere.

To investigate the causes of death, to examine carefully the condition of organs, after such changes have gone on in them as to render existence impossible, and to apply such Knowledge to prevention and treatment of disease, is one of the highest objects of the Physician." - Harvey Cushing's, "The Life of Sir William Osler", 1940, P. 85.

"Life is a pure flame, and we live by an invisible Sun within us." Sir Thomas Browne, 1658 Hydriotaphia, Urn Burial - (This quote apears in p. 247 of the Book "Counsels and ideals" by Sir William Osler)

"We speak of death as the King of Terrors, yet how rarely does the act of dying appear to be painful, how rarely do we witness AGONY in the last hours. Strict, indeed, is the fell sergeant in his arrest, but few feel the iron grip; the hard process of nature's law is for most of us mercifully effected, and death, like birth, is 'but a sleep and a forgetting'. etc. excellent." P. 294.

"A third noteworthy feature in modern treatment has been a return to psychical methods of cure, in which faith in something is suggested to the patient.

After all, faith is the great lever of life. Without it man can do nothing. Faith in us, faith in our drugs and methods, is the great stock-in-trade of the profession. In the one pan of the balance, put the great pharmacopoeias of the world, in the other put the simple faith which from the days of the Pharaohs until now the children of men have swallowed the mixtures these works describe, and the bulky tomes will kick the beam. It is the aurum potable, the touchstone of success in medicine.

As Galen says confidence and hope do more than physic: 'he cures most in whom most are confident'. We doctors often overlook or are ignorant of our own faith-cures, we are a bit too sensitive about those performed outside our ranks. We have never had, and cannot expect to have, a monopoly in this panacea, which is open to all, free as the sun, and which may make of everyone in certain cases, 'a good physician out of Nature's grace'.

Faith in the god cures one, faith in little pills another, hypnotic suggestion 1/3, faith in a plain common doctor 1/4.

In all ages the prayer of faith has healed the sick, and the mental attitude of the suppliant seems to be of more consequence than the powers to which the prayer is addressed.

The cures of the temples of Aesculapius, the miracles of the saints, the remarkable cures of those noble men the Jesuit missionaries, and the wonder-workings of the so-called Christian Scientists, are often genuine, and must be considered in discussing the foundations of therapeutics.

We physician use the same power every day.

We enjoy no monopoly in the faith-business." P. 546, can also be found in "Aequanimitas".

"The BMJ 18 June 1910 was given over to a series of articles on faith healing, included was Osler's paper on "The Faith that Heals", wrote:

"Nothing in life is more wonderful that faith, the one great moving force which we can neither weigh in the balance nor test in the crucible." P. 907.

"Apart from the more specific methods to be dealt with, faith has always been an essential factor in the practice of medicine. Literature is full of examples of remarkable cures through the influence of the imagination, which is only an active phase of faith.

Phenomenal, even what could be called miraculous cures are not very uncommon. Like others I have had cases any one of which, under suitable conditions, could have been worthy of a shrine.

Faith in St. Johns Hopkins, as we used to call him, an atmosphere of optimism, and cheerful nurses, worked just the same sort of cures as did Aesculapius at Epidaurus. Once again, a great gulf has opened between pastor and flock, and the shepardless sheep at large upon the mountains have been at the mercy of anyone who could pipe new tunes." P. 908.

"We are making this house freehold, and I am arranging to leave it to Christ Church as a permanent home for my successors." [Cushing] Such things must always be when a man is confronted with the extinction of his line." - Harvey Cushing's, "The Life of Sir William Osler", 1940, P. 1291.

The Influence which the Mind Exerts over the Body

"Although such influence has long been recognized, it has been proved in recent times to be far greater than was formerly supposed.

Thus although it is universally known that mental emotions exercise a stimulating or depressing effect on all the bodily functions, and that various feelings, desires, and appetites increase or diminish the secretion of different glands, it has been reserved for modern times to

demonstrate that in certain persons sensation and volition can be thoroughly controlled by the suggestive ideas of another individual.

If, for example, twenty persons, chosen at random from the population, have their attention strongly directed to any object for 15 or 20 minutes, it has been shown that two or three of them so lose their power of comparison and resolution to act, as to be incapable of exercising their judgment, of determining the nature of their sensations, or of controlling their movements.

They become the slaves of predominant ideas for the time being, and, although in every respect healthy, may be made to believe and do anything, however ridiculous or absurd, at the command of another.

History from the remotest times presents us with examples where individuals, singly or in multitudes, led away by such predominant ideas, have performed acts thought to be miraculous, and suffered no pain from injuries which under ordinary circumstances would have produced the greatest agony.

Thus the effects produced on many votaries during their initiation into the ancient mysteries: the ecstasies of the Pythian and other priestesses; the stoicism of Indian warriors at the stake, and the insensibility of men excited in battle or by strong religious enthusiasm, the dancing epidemics of St. Vitus or of tarantism, in the middle ages; the phenomena induced by magic, incantation, and the evil eye; the hallucinations of the convulsionaries at the tomb of St. Medard in Paris; the sensorial delusions described in the leg ends of the saints, in the journal of Mr. Wesley, in the religious camp meetings of America, and among our revivalists in recent times; the results of mesmerism, table-turning, and spirit-rapping produced in the present day, are all of a similar character, and indicate the remarkable influence which the mind possesses over the sensations, emotion, volition, and indeed all the animal functions.

This power has always been seized upon by certain individuals as a means of cure. Hence in ancient times the benefits which resulted from consulting oracles, visiting

certain shrines, or making pilgrimages. Charms, amulets, and relics have been known at once to remove all kinds of pain, and produce wonderful cures; and the same thing has resulted from intense religious, political, or martial excitement.

The Royal touch, the bezoar stone, zinc rings, wearing the mistletoe and other sacred plants, have all been lauded as means of recovery from diseases.

So far from the alleged cures in this way having been improbable, does not all that we know of the effect of confident promises on the one hand, and implicit belief on the other, render it likely that they actually occurred?

If so, this power must be taken into account in every true system of therapeutics; its influence must be recognised, and we ought to endeavour to make it amenable to scientific rules.

The late Mr. Braid, of Manchester, unquestionably did much to give effect to the therapeutic exercise of the mind upon the body. By suggesting thoughts to his patients in various ways, or by diverting them to certain subjects, occasionally rendering them more vivid by repetition, or by definite physical impressions, he fixed certain ideas in their minds.

These ideas he found to act as stimulants or sedatives according to their purport and the current of thought directed to or withdrawn from particular organs or functions.

He has recorded remarkable cases where a judicious application of this doctrine has removed in-somnolence or various kinds of pain, spasms, and other evidences of excitement; where hysterical paralysis of the limbs or special organs of sense has been relieved and cured; and where the torpid functions of lactation, perspiration, digestion, defecation, menstruation, and so on, have in this way been rendered more active.

Indeed, there can be no question that the beneficial effects of many drugs and systems of treatment which are really inert or uncertain in their action, and which are supposed to operate through the blood on the glands, muscles, or nerves,

truly act by exciting expectant ideas, and though such ideas indirectly on the parts disordered.

As an illustration of what can be done in this way, I may mention the case of a young lady under the charge of the late Dr. Johnson, of Berwick-upon-Tweed, affected with hysterical paralysis, who had for several years been under the care of Sir Benj. Brodie, Mr. Syme, and other eminent surgeons, who recoguised the nature of the case, but could do nothing.

Dr. Johnston read some remarks on "Hypnotic Therapeutics", published in the Edinburgh Monthly Journal by Mr. Braid, and sent his patient to him at Manchester.

By giving confidence to this lady, inducing her to walk freely and trust herself, so to speak, on her limbs, a perfect cure was effected in 4 days, when she moved about without any lameness, or, as it was said by the reporter, "with the grace of a queen and the agility of a sylph."

I venture to say that cases of this kind constitute one of the great therapeutic advancements of modern times, being not only directly applicable to the cure of maladies, but indicating a most important principle explanatory of innumerable recoveries hitherto too much neglected by the medical profession: and accounting for the well-known fact that in many instances he is the best physician who succeeds in gaining the confidence of his patient." - Dr John Huches Bennett, MD, Professor of the Institutes of Medicine, Senior Professor of Clinical Medicine, University of Edinburgh, in "On the Present State of Therapeutics", The Lancet, 1864.

Chapter XVIII

Women Risk Losing Ability to Give Birth Naturally

"I have made a small collection of simple medicines which will be useful to the poor and left a larger collection transcribed and more expertly digested under their specific tastes. These may be useful in country practice, but the extemporaneous forms are first to be used by young practicers in towns to oblige the apothecary and to promote business. If he ever undertakes country practice he cannot soon get into much business unless he practise chirurgery as well as physic and have knowledge in midwifery." - Sir John Floyer, MD, (1649-1734), "Advice to a Young Physician".

"Medical decisions are being made for monetary and legal reasons. Women are being told for years now, that they are not responsible for their birth process. The majority of medical doctors have never observed a normal birth. In the USA in 1900, 95% of births took place at home, by 1938, 50% of birth took place at home, in 1955 only less than 1% of births took place at home, that number has remained until today. With the drugs they give you in hospital, the pain and labour becomes much worse." - in "The Business Of Being Born", 2008.

In 1910 the Flexner report literally pushed medical doctors into maternity care and midwife's out, the medical trade convinced woman that they should be doing birth in hospitals not at home.

Dr Michel Odent, MD in his book "Do We Need Midwives?", states that mothers risk being unable to give birth naturally or to breastfeed their babies in the future, that instead births should be done in a more natural way.

He advocates the use of birthing pools, and argues that childbirth has become far too medicalised, with huge numbers of pregnant women given drugs and surgery in labour, that women may ultimately be at risk of losing their ability to give birth unaided. **The future of the human capacity to give birth is at risk.** And the number of women who give birth to babies naturally is becoming insignificant. He states that medicalised births is one of the biggest problems for humanity today, and people don't realise it.

Dr Michel Odent, MD is a French obstetrician who introduced water-birth into medical literature, and is in favour for more natural home-like birth environments.

The regular use of Caesarean sections is having an impact on human evolution.

> *"They're relying too much on C-sections and drugs, says expert: "Mothers have become too reliant on the drugs used in labour, this puts women's ability to give birth at risk, fewer women are able to produce the hormone oxytocin, this threatens ability to breastfeed and to give birth naturally" - Dr Michel Odent*

> *"In a stark warning, he said that if current trends continue, the 'future of the human capacity to give birth is at risk', believes that women are becoming increasingly dependent on other interventions such as forceps, epidural pain-relieving injections and other drugs." - Sophie Borland, in "Daily Mail", 24 May 2015.*

The Hygiene of Pregnancy

"I expressed the opinion that the natural laws governing the child-bearing life of woman should constitute safer guides for the sanitation of pregnancy than the artificial methods.

The changes, consequent upon pregnancy, which take place in the general organism, glandular system, and generative organs are physiological. Pregnancy is not a disease, yet the laws of diagnosis have, as yet, failed to define the limit where the physiological ceases and the pathological begins." - Dr Samuel C. Buset, MD in "The American Journal of Obstetrics and Diseases of Women and Children", Vol. XIX., January 1886.

Curettage

"Concerning the relative values and dangers of sharp and dull curette (a small surgical instrument used to remove material by a scraping action, especially from the uterus), Sinclair says:

> *"With the sharp curette you may do harm, you may even perforate the uterus, but with the blunt curette you must do harm. No curette is sharp in the sense of a cutting instrument. It is meant to gently scrape. A blunt curette is either a useless instrument, or it is more harmful than the sharp instrument from the objector's point of view. It does all the same stirring up by manipulation and it requires more force and more manoeuvring to do an equal amount of clearing away of retained products of conception or of infectious decidua."*

On the virtue of the finger as compared to the curette, Sinclair states:

"But in the large non-contracted uterus of early and severe puerperal sepsis you cannot reach the whole uterine cavity with the fingers, or if you use sufficient force, you cause the patient great suffering; and the finger does not help you with the most dangerous contents of the uterus, the fungous infected decidua. The finger nail kept purposely long is a very awkward and inefficient sharp curette. With the finger in fact, you do a maximum amount of injury while conferring a minimum benefit." - Dr Henry Weil, MD in "The Medical Times", May 1911.

It's Time to Stop Infantilizing Pregnant Women

"I didn't know I was allowed to say no."
"I wasn't aware of other options at the time."
"Nobody told me about the risks."

"Many women today are not aware of their human rights to medical consent, refusal, and alternatives during pregnancy and birth—times that should be the most empowering and joyful of their lives.

The belittling and disrespect of bodily autonomy by health care providers is a huge hidden epidemic in pre- and perinatal care. A woman's trust in her own body has the chance to be stripped away at every step of the childbearing process." - Kristen Nero, 2018.

"In 1920 Dr Joseph DeLee, MD father of modern obstetrics, shifted birth from a normal physiological process to something pathological, requiring medical supervision. Once you induce labour, you have interfered with labour, in a very strong way with the normal physiology. In 2014, in the USA caesareans counted for 32% of births in medical trade hospital's."- in "Why Not Home", 2016.

Chapter XIX

Deaths of Medical Doctors

"During 1927, The Journal published the obituaries of 2,790 physicians of the United States.

The average age of physicians whose obituaries were published in 1927 was 62 years.

Suicides and Homicides: Suicides increased from 37 in 1926 to 49 in 1927. As usual, the favourite method was:

Firearms in 17 cases.
Poison killed 8;
Gas 6;
Incised Wounds 5;
Drowning 5;
Drugs 4;
Hanging 2;
Anesthetic and jumping from high places, each 1.

There were 14 homicides, 4 of which were by patients or their relatives.

Causes of Death: The most common cause of death reported during 1927 was Heart Disease.

Of the 851 reports of heart disease, 125 specified Angina Pectoris and 203 Endocarditis or Myocarditis.

The 2nd most frequent cause was Cerebral Hemorrhage, with 326 deaths, 18.1% of which occurred before the physicians were 55 years of age.

Paralysis was reported in 46 other cases, and of these only 8.7% occurred before 55 years of age.

3rd Pneumonia was reported in 259 cases; Bronchopneumonia was specified in 43.

Thus far down the list the order is the same as it was last year, but a new occupant, cancer, now takes 4th place, coming up from 5th in 1926.

Cancer, with 228 deaths, displaced nephritis, which was in 4th place. Cancer of the Stomach and Liver accounted for 59 deaths; Cancer of the Intestine 38; of the Prostate, 20; of the Buccal Cavity, 17; of the Female Genital Organs 2; in 92 cases the organ affected was not specified.

5th., Nephritis 205 deaths, 23 cases specified as acute;

6th, is Accidents;

7th, Arteriosclerosis 88 deaths;

8th, Tuberculosis 75 deaths, of which 69 were specified as pulmonary.

9th, "Embolism and Thrombosis," 57 deaths.

Cholecystitis and Cholelithiasis also caused 44 deaths; Appendicitis 36;

Influenza 30;

Septicaemia 21;

Cirrhosis of the Liver 21.

Diseases of the prostate other than Cancer caused 26 deaths;

Ulcer of the Stomach or Duodenum 19;

Brain Tumour 16;

Meningitis 12;

Encephalitis 10;

Leukaemia 9;

General Paralysis of the Insane 8;

Typhoid 5;

Paratyphoid 2;

Locomotor Ataxia 3;

Alcoholism 3;

Drug Addiction 3;

Pellagra 3.

Among the rarer causes were carbuncle 2;

Acute Articular Rheumatism 2,

And each of the following one: Agranulocytic Angina, food poisoning, Splenomegaly, Purpura Hemorrhagica, Hodgkin's disease, sprue.

Those which could not be classified so specifically included 3 under "other diseases of the spinal cord"; 16 under other diseases of the genito-urinary system; 11 under diseases of the bones and organs of locomotion; 17 under

other diseases of the nervous system; 20 under other diseases of the respiratory tract; 44 under other diseases of the digestive tract; 57 under uremia: 47 under senility." - in "JAMA", 11 February 1928.

Death Rate from Intestinal Diseases

"Some so-called stomach disturbances are actually the result of problems that lie further down the intestinal tract.

People complain of a host of digestive problems, many of their complaints can be traced to the bowel. Stomach troubles include deficiencies of pepsin and hydrochloric acid, while bowel problems range from variable transit time for waste to Inadequate bile secretion.

The most common bowel problem by far is constipation. According to statistics compiled by the Registrar General of England, no group has contributed more to the death rate from intestinal diseases than doctors.

The death rate of doctors is higher than those of both agricultural workers and the English population in general." - Dr. Bernard Jensen's, DC in "Guide to Better Bowel Care", 1999.

Mortality Rates and Causes Among U.S. Physicians

"Physicians top ten causes of death were essentially the same as that of the general population." - Erica Frank, MD, et al., in "American Journal of Preventive Medicine", 2000.

Suicide Rates Among Physicians

"Long-standing evidence suggests that those who choose medicine for a career are at greater risk for suicide: the suicide rate among physicians in the United States has been described as nearly twice that seen among white American

men (1). In a 2000 national study on causes of death, Frank et al. (2) found a 70% higher rate of mortality due to suicide and self-inflicted injury among white male U.S. physicians than among other professionals." - Eva S. Schernhammer, M.D., et al., in "American Journal of Psychiatry", 2004.

References:

1. Rose KD, Rosow I: Physicians who kill themselves. Arch Gen Psychiatry 1973.

2. Frank E, Biola H, Bunrett CA: Mortality rates and causes among US physicians, Am. Jour. of Prev. Med. 2000.

Mortality Among Norwegian Doctors

"**The doctors had a lower mortality rate than the general population for all causes of death except suicide.**

The mortality rate ratios for other graduates and human service occupations were 0.7-0.8 compared with the general population.

Doctors have a higher mortality than other graduates.

The differences in mortality between doctors and the general population increased during the period 1960-2000." - Olaf G. Aasland, et al., in "BMC Public Health", 2011.

Mental Health Issues

"85% of doctors have experienced mental health issues, reveals Medical Protection survey conducted from 18 June to 3 July 2015 of members across all medical specialities." - in "Medical Protection", 16 July 2015.

The British Medical Association, Trade Organization carried out a survey in 2019, of more than 4,300 of doctors and medical students and found that **27% of medical doctors have been diagnosed with a mental health condition**.

Chapter XX

Advice To The Medical Trade

"Recognizing the fact that medicine should be progressive; that new developments in physiology and pathology, together with the accumulating fruits of experience, should lead to constant improvement in the "Ars Medendi", the conservative physician repudiates all dogmas or systems of practice, whether without or within the pale of the profession, which shackle the mind and stand in the way of progress.

In medical faith he is independent of creeds and discipleship. He occupies a middle ground with regard to the extremes of the present day as represented by old fogyism and young physic.

The most distinguishing characters of conservative medicine, in a few words, are as follows:

> *Recognizing as a fundamental principle of therapeutics that potent remedies are never neutral, but must do either good or harm in proportion to their potency, it aims to abstain from active measures if uncalled for or of doubtful utility, and it strives to assist the powers of life, by means of remedial and hygienic influences, in enduring and triumphing over disease."*

- Austin Flint, MD, Professor of the Principles and Practice of Medicine, Bellevue Hospital Medical College, Long Island College Hospital, in "Conservative Medicine as applied to Therapeutics", The American Journal of Medical Sciences, 1863.

Bias In Medicine

"Under this heading Dr. Judson S. Bury, of Manchester, according to the Lancet, has recently delivered an address before the Medical Society of University College, London.

After describing the errors into which a diagnostician is likely to fall, through one-sided training, he concludes as follows:

"**A patient was not an automatic machine into which a penny could be dropped to pull out a particular disease ready for treatment.**

On the contrary, the organs by which he moved and lived were composed of living tissues which had a past history and a future development, both of which required consideration before the case could be properly grappled with.

The thoughtful qualified man began to find out that he must study other things than mere medicine; to acquire that knowledge of humanity so essential to a just appreciation of the many ills to which flesh was heir.

The man who got into the habit of regarding every patient as merely a "case", and who ignored the look of feebleness or of distress, or the expression of anguish, and thought only of physical examination, was not well equipped for the diagnosis of obscure disease, he became a machine which was totally unable to unravel the complicated problem of human pathology.

Three things were essential for the preventive treatment of the disorder known as bias, namely, care, doubt and truth, and if one thing helped more than another to avoid the pitfalls of bias and of hurried unscientific work, it was that practitioners should put themselves in sympathy with their patients and that they should care for them in the way that Dr. James Jackson, the hero of Oliver Wendell Holmes, cared for his patients. Jackson would have it that to cure a patient was simply to care for him.

Such devotion was only to be looked for in the man who gave himself wholly to medicine, the noblest of arts, which

the gods of ancient religions did not disdain to practice and to teach - Boston Medical & Surgical Journal." - in "The Alienist and Neurologist", 1901.

> *"Insanity is repeating the same mistakes and expecting different results." - in NA, 1st Ed.,1983.*

The Last Laugh

"I have always regarded critics of the medical profession as ill informed, ill intentioned, or ill adjusted, or, of course, all three. I have known several newspaper editors, for example, who were profoundly anti-doctor, a hostility I ascribe to the fact that doctors are held in far higher public esteem than journalists.

If journalists cannot improve their own reputation, they can at least try to destroy that of others. Politicians are of the same ilk as journalists." - Theodore Dalrymple, writer and retired doctor, prison psychiatrist in "British Medical Journal", 20 March 2008.

To this;

> *"If journalists cannot improve their own reputation, they can at least try to destroy that of others. Politicians are of the same ilk as journalists."*

One should add:

"If journalists cannot improve their own reputation, they can at least try to destroy that of others. Politicians are of the same ilk as journalists", **and so do Medical Trade Doctors.**

In fact the Medical Trade Journals and Medical Trade Associations are known to be of the most vile strip.

So one can only conclude that if journalists, politicians and Medical Trade Doctors, "cannot improve their own reputation, they can at least try to destroy that of others."

And those others are:

1. Hydropathy
2. Osteopathy
3. Chiropractic
4. Neuropathy
5. Homeopathy
6. Ecclectic Medicine

These, just to mention a few, out of the many, which have been subjected by vicious and relentless persecution by the Medical Trade.

This is the Reality

This unfortunately is the sad reality.

It is thus clearly evident, that the actions of the Medical Trade, constitutes a classic example, of man's inhumanity to man. For to direct an individual, in an improper manner is as the "blind leading the blind".

> *"If the blind lead the blind, they both will fall in the ditch." - Matthew 15:14*

How the Indians Cure Lock-Haw

"One of the most successful physicians in this town was a half-breed Indian, and this young Marylander applied to him to be his instructor or preceptor.

This half-breed Indian doctor had had the advantages of good city schools, and had spent several years at a certain medical college and hospital.

Leaving the college, he went back among the tribes of his own blood, to learn all he could that instinct and Nature had taught his people of successfully treating and curing diseases.

With a storehouse of valuable knowledge gotten from his tribesmen, he felt that he was able to cope with competitors

in the field of medicine, and leaving them he located in the rapidly growing town.

During the following year his preceptor, the half-breed Indian doctor, was assassinated in cold blood by an outlaw, and this put an end to the young Marylander's studies for the time being.

But our young friend had learned much, much that physicians in Eastern cities would have esteemed with great favour and value.

Getting homesick and love-sick, he concluded to return to his native heath, the eastern shore of Maryland. The young man is back on the Eastern shore, and his work is so marvellous that the whole territory learn of him and send for him from far and near.

It is now that jealousy on the part of other physicians begins to show itself; for on more than one occasion he cured cases that were given up to die by other doctors.

Among the diseases that he learned to treat successfully from his Indian preceptor were dropsy, asthma, flux, lock jaw, etc. In fact, the jealousy on the part of physicians was turned to hate, and one wonders now how he ever escaped assassination.

There was a severe case of lock-jaw in his county, which had baffled the skill of all the doctors for many miles around, and they, after exhausting their skill, in formed the owner of the old man that he could not possibly live, and that death was only a question of a brief time.

The old man had heard of the young doctor from the "West" and of his marvellous skill. He sent for him. He went in answer to the call and cured the man.

After this, so intense was the feeling against the young doctor by the physicians within knowledge of the fact, that they proposed to have him arraigned before the Circuit Court on the charge of "being in league with the devil".

These physicians (and I am ashamed to tell it) had him cited to appear before the Court to defend himself. The physicians making the charge were highly educated and intelligent, and the Court was presided over by one of the most learned jurists in the State of Maryland.

This citation to appear in Court on the charge of "being in league with the devil", was made in the vain hope of compelling the young doctor to tell what he did to cure the old man of lock-jaw.

This procedure was rotten and base; for if the doctors had allowed their prejudices and jealousies to depart, and had gone to the young doctor in a professional and honour able manner, he would certainly have made known to them the secret; but after doing as they did, it so maddened the young doctor, and so irritated was he at their damnable treachery and indignant assault under cover of, the courts, that he refused to even make known what he did to cure the lock-jaw, except to his wife, and she to me.

The doctor stood before the Court and gave his testimony. The old man was called to tell what he knew and what was done by the doctor to cure him.

After viewing the facts in their proper light, the learned judge dismissed the case, and congratulated the young physician, telling him that this "was a land of the free and the brave, where he had as much right to practice medicine unmolested as any other physician in the land." - Dr J. Zachary Taylor, MD in "The Medical Brief", 1905.

The Persecution of Neuropathy by the Medical Trade

"W. W. Fritz, MD, Philadelphia — Another of the "Censors." This presumably is W. Wallace Fritz, MD, DDS, ND, DO, DC, who was the Dean of the American College of Neuropathy, and Professor of Neuropathy.

According to newspaper reports published when the dean of the American College of Neuropathy was called into court to testify regarding the school, Dr Fritz admitted that when he became dean of the college, the college had three students and thirty Faculty Members.

Dr Fritz, it should be mentioned in passing, is a member of the Philadelphia County Medical Society and by virtue of this membership he is a Fellow of the American Medical

Association!

Recently Fritz name appeared in connection with the formation of a new organization, founded, it appears, for the laudable purpose of fighting the Medical Trust (American Medical Association).

Fritz, according to the news paper reports, is treasurer of this new organization, which has adopted the inspiring title, "Constitutional Liberty League of America" and seems to be a later edition of the mushroom "National League for Medical Freedom."

Quoting from the newspaper report: "Dr. W. Wallace Fritz, MD a member of the American Medical Association, created a profound impression when he said that:

> *"All Health Laws Were Written by Agents of, or Members of, the American Medical Association (AMA), this organization was at once the most powerful and the most baneful of all the American Trusts."*
>
> *"Most of the Drugs Administered are Worthless! Most of the Doctors who Prescribe Them are Incompetent! But both the Injurious Drug and the Ignorant Prescriber are Protected, in and out of court, by the American Medical Association, which is now raising a vast fund with which to drive all drugless healers out of the profession. Medicine is the camouflage used to conceal the most alert, the most rapacious and the least patriotic of all the trusts milking the American People. The tyranny of the Medical Trust (American Medical Association - Trade Organization) is unbelievable. It is also un-American."*
>
> *"Prescription Writing Drug Peddlers Who Prosper Through Monopolistic Laws Rather Than by the Practice of an Exact Science. The members of the American Medical Association, are manifesting an*

unwarranted interest in the dear people, who, in their assumption, need Quinin and Mercurial guardian; who under this class legislation confines us to this Monopoly of the Big and Little Pill, is trying by Hook and Crook to Shut out the Natural and Rational Methods of Cure, which are driving the Drug Monopoly from the face of the earth. Diagnosis and consultation consist in 4 or 5 Medical Doctors, whose faces denote death, sitting around a sick man, and guessing what ails him. After that has been performed, they guess at what will cure him, and that is generally a sure sign the undertaker will follow." - Dr W. Wallace Fritz, MD in "The Philadelphia Sunday", 4 May 1919.

From our Exchanges
Special Favours to None In Medical Legislation

"It is reported that the chiropractors are planning a campaign with the object in view of securing legislation favourable to their sect, and that a comparatively large sum of money will be raised for the purpose of carrying on such a campaign.

It is just as well for the members of the regular medical profession to know that the one and only reason why the various medical cults have been able to secure legislative favours is because the regular medical profession puts forth so little effort to prevent it.

It is time for the members of every county medical society in Indiana to begin active work in an effort to elect members of the next Legislature who will oppose any and all medical legislation which gives special favours to any particular sect or school of medicine.

Legislators and the public should understand that the regular medical profession is asking for no special favours

for itself. There is, however, no reason why the chiropractors and others of like character should receive special favours.

In establishing requirements for the practice of medicine in Indiana no discrimination should be used, but all sects and all schools of medicine should be treated alike.

The present requirements can and should be met by every person who desires to practice medicine within the confines of the state.

We care not how any one practices, whether it is according to the teachings of:

Hydropathy
Osteopathy
Chiropractic
Neuropathy

Or any other "nonsensical" method, providing the one who is licensed to practice "medicine" has met the same requirements as those exacted of members of the "regular medical profession".

Our present "medical" law requires a reasonable amount of academic training, and in addition a knowledge of the cardinal branches of medicine.

These requirements should be exacted of every person who desires to treat the sick and suffering, for without such knowledge there can be no rational basis for treatment.

The question of the kind of therapy to be employed is left to the discretion of the individuals who have complied with the other necessary requirements.

Nothing could be fairer and nothing could be more entirely in the interests of the people.

Our Legislature should refuse to discriminate in favour of any class. Fairness to all and special favours to none should he the rule of conduct." - in "Journal Indiana State Medical Association", 1918.

Thorough Training Essential for the Practice of the Healing Art

N. P. Colwell, MD
Secretary of the Council on Medical Education of the American Medical Association, Chicago

"During the last 50 years medical knowledge has been increased and advanced to a greater extent than in all the previous centuries. Prior to this period physicians were dependent largely on clinical observations and theories founded on them.

Since 1870, however, the perfection of the high-power microscope, the discovery of bacteria, the resulting knowledge in regard to the causation of most of the common diseases, the knowledge in regard to asepsis and antisepsis, the extensive study of the changes in anatomic structures as a result of disease, the discovery of anesthetics and the larger use of surgery, all this enormously broadened the field of medicine, increased the positive knowledge in regard to the origin, treatment and prevention of diseases, and opened the way for still greater and more rapid advancement in years to come.

With this extension of medical knowledge it became necessary for practitioners of medicine to specialize along certain narrow lines of treatment in order to develop greater skill within those narrowed bounds.

It has been very seldom, however, that a physician has adopted a specialty until after he has spent several years in general practice.

Such specialization usually entails also the expenditure of additional years in special postgraduate training along the lines of the narrow specialty chosen.

The designation of a specialty, in such instances, did not depend on any particular form or method of treatment but on the treatment of (a) certain groups of diseases such as those of special organs of the body, or of the eye, ear, nose and throat, the stomach, the skin, or of (b) certain class of diseases such as contagious diseases, diseases of children,

diseases of women, or (c) on certain limitations of treatment to the use or non-use of surgical procedure in surgery or internal medicine. In no one of these specialties is the claim ever advanced that the particular specialty followed is applicable in the treatment of all types of diseases or injury.

Here is one of the main objections to the various so-called "schools" of medicine bearing the names of:

Osteopathy
Chiropractic
Neuropathy
Christian Science
Mechanotherapy

Each of these schools has emphasized a certain method of treatment, such as massage, manual manipulation, mental therapy or the treatment of some particular part of the body such as the spine, and assumed that such method is a specific cure for all diseases and ailments known to human kind.

This erroneous claim on the part of those who have established these particular schools shows a deplorable lack of knowledge of diseases and disease causation as well as of the normal anatomy and functions of the human body and its various organs.

This lack of knowledge constitutes the most serious menace arising from these cults.

Each form of treatment advocated by the respective schools of healing above named is undoubtedly beneficial in the treatment of certain particular cases, but that any one method of treatment will alleviate or cure all possible human ailments is preposterous and ridiculous to any one having even the beginning of knowledge of the fundamental sciences on which the practice of medicine is based.

Valid Law, Meaning of Word "Medicine"- Neuropathy (Commonwealth v. Seibert (Pa.), 105 Atl. R. 507)

The Supreme Court of Pennsylvania, in affirming a judgment that affirmed a conviction of the defendant, a neuropath, of practicing medicine without a certificate of licensure, holds constitutional the statute of that state which makes it unlawful for any person to engage in the practice of medicine and surgery, or to hold himself forth as a practitioner in medicine and surgery, or to assume the title of doctor of medicine and surgery, or doctor of any specific disease, or to diagnose diseases, or to treat diseases by the use of medicines and surgery, or to sign any death certificate, or to hold himself forth as able to do so, unless he has first fulfilled the requirements of this act and has received a certificate of licensure from the bureau of medical education and licensure and has had such license duly recorded.

The court says that the determination of the several inquiries raised must depend on the proper understanding to be derived from the words of the statute involved.

Of controlling importance in this connection is the word "medicine", a word susceptible of distinct meanings; one indicating nothing more than a remedial agent that has the property of curing or mitigating diseases, or is used for that purpose, while the other indicates an art of healing or science which has for its province the treatment of diseases generally.

The latter has much the wider and more comprehensive significance, of course, and while, as so used, it may be in a sense technical, yet unquestionably the wider is the popular sense in which it is employed and understood.

Furthermore, whatever is technical in it has been so far popularized by common usage and understanding that no one, however unlearned, can fail to observe the true distinction between medicine as a drug and medicine as a

science or profession. It is in the latter sense that the word is employed in the statute.

The one danger provided against was, not the promiscuous sale of drugs or other remedial agents, but the unrestricted and unregulated practice of medicine or the art of healing; medicine here being used to denote an art or science having for its-object the cure of diseases and the preservation of health, whether with aid of drugs or any remedial agencies whatever.

The manifest and only purpose of the statute was to confine the right to invite public confidence in the skill and efficiency of those who would hold themselves out to the public as medical doctors, to those only who have had an examination by an impartial board of examiners created by the statute and acting for the state, and have been accredited by the board as having met the requirements of the law and received its license.

Giving the act this interpretation, the defendant by his conduct brought himself unquestionably within its terms; he engaged in the practice of medicine, that is, he held himself out to the public as one instructed and skilled in the healing art. By printed sign exposed in front of the office, styling himself as Dr. I. A. Seibert, Neuropath, he represented himself as skilled in the healing art, and invited the confidence and patronage of the sick and afflicted generally.

The distinction that was sought to be made between neuropathy and medicine could avail the defendant nothing if it be kept in mind that the legislative meaning of the latter word, when used in the expression "practice of medicine", covers and embraces every thing that by common understanding is included in the term healing art.

The defendant held himself out to the public and invited its confidence and patronage as a "practitioner of neuropathy."

The use of this term necessarily implied that he was skilled in the science of pathology, a science which unquestionably has for its province "the treatment of diseases, their nature, causes, progress, manifestations and results."

This to the lay mind, no less than the professional, would import that neuropathy was a branch of medicine. What more could be said of allopathy, homeopathy or any other science of healing with such termination as its adopted designation? - Journal American Medical Association" - in "Monthly Bulletin of the Federation of State Medical Boards of the United Stated", January, 1918.

The American Medical Association Becomes An Autocracy

"One man dominates the organization, while the House of Delegates preserves only perfunctory power!! And the rank and file have nothing to say in the matter. The Journal which is the property of the Association absolutely controls the Association to which it belongs." - in Illinois Medical Journal, December, 1922.

"The policy of the present management of the AMA has been and is the accumulation of money. An autocracy in medicine is as undesirable as an autocracy in the National Government.

The AMA is not a business enterprise. Its success is not to be gauged in dollar bills or buildings but in what it does to benefit its members and to retain the confidence and merit the support of physicians.

In other words, "What does it profit a man if he gain the whole world and Jose his own soul?"

What does it profit the AMA to accumulate land, bonds and mortgages with which to erect a whited sepulchre for the genuine interests of the profession it was organized to safeguard?

The power that ruined Rome was bribery at one extreme and greed at the other.

Men accepted flattery and yielded to coercion in Rome.

Some medical men are tarred with the same stick at the

present time, but the betrayal of the rank and file by a Jew will be the ultimate destruction of the many.

Lay Control of Medicine

"Lay control and dictation of the management of the institutions in which medical men are interested directly or indirectly is bound to come unless something is done to prevent it. Not alone this, but lay control of everything pertaining to the practice of medicine eventually will come unless the spineless doctors who fail to see the growing tendency of the times awaken to the danger and put on their fighting clothes in an attempt to save a reasonable amount of independence for themselves. This is no idle dream, and those who think differently will have occasion to learn the truth perhaps when it is too late." - in "Indiana Medical Journal", 15 September 1922.

Adams County Condemns State and Federal Activities in the Field of Medicine

"The Adams County (Ill.) Medical Association, at its October meeting unanimously adopted a resolution condemning State and Federal activities in the field of medicine, except in the control of communicable diseases." - in "Illinois Medical Journal", November, 1923.

- in "Regulation of Sale of Viruses, Serums, Toxins, and Analogous Products", in Hearings before the Subcommittee of the Committee on the District of Columbia House of Representatives, Sixty-Eight Congress, 1924.

Medical Trade

By reading Medical Trade publications, from the last 300 years we can only arrive to the conclusion that the medical trade is to be found untrustworthy.

The medical trade is largely based upon scientific fraud, based upon ill-conceived preconceptions, and poor clinical judgment.

The bulk of the Medical Trade practice is either contrary to what the body needs, or detrimental to the health of the body all together.

One then conclude that the medical science or medical trade, is acute in misleading and chronically based in fallacy. In conclusion, medical science is all but unfit for purpose.

> *"Hundreds of years of practice have shown the fallacy of this arrangement." - Dr Harriet Austin, MD*

A trade motivated by greed, without foundation, and using deception no matter at what cost, to achieve its aims.

In the Medical Trade, to many are no more no less then that which can be described as a mere Drug Peddlers Association.

One wonders, how can it be possible for the population to have health, if Health Departments, and Health Ministries are in the hands, run and staffed by individuals of the Medical Trade sect.

To place the Medical Trade in charge of health, should be considered nothing more than a Criminal Act, against a Nation in particular, and against Humanity in general.

Medicine is that which destroys health, and the Medical Trade practices that which destroys health.

When one sees the governments, of nations, naming departments, ministries and secretaries of health, and staffing the same with individuals belonging to the Medical Trade, one can see the state of confusion, and the misleading that the word "Medicine" can bring to the mind of the population.

One should also remember that governments fullish receive "advise" on health from the Medical Trade, that the same Medical Trade advise is responsible for "Medical error —the third leading cause of death in the US", BMJ, 3 May 2016.

The sooner individuals understand that "Medicine" is a false science, using substances which are poisonous to the blood, thus poisonous to all organs of the body.

If the population would be equipped with the bare minimum understanding of anatomy and physiology, they could thus be capable of discerning the absurdity, imbecility of which the so-called "science" of the medical trade, is based upon.

The Medical "art" could be described in one short sentence as: "the lack of common sense".

Medical Science, is based upon the fallacy that poisons cure disease.

Medicine, Medical Science, Medical Trade is a Fallacy.

This fallacy is the opposite of truth.

Hospitals Which are Never Enough of Them

Hospitals are commercial ventures, they run in a similar way as the Hotel business does. An empty bed hospital is a failing hospital, a hospital to be profitable, needs to be full. So the ideal scenario for the medical trade is to have hospitals full, not empty hospitals. Empty hospitals don't generate revenue.

Unaccountability

In the medical trade, there is no one, who the public can go to get an answer, thus the medical trade, is and will continue to be unaccountable.

"I would rather idolize an idea that seems to me fundamentally sound, a truth that seems incontrovertible, than to play the game of idolatry with

friends who worship a fetish in which I have no faith." - Dr George S. Weger, MD in "Genesis and Control of Disease", 1931.

"That the practice of medicine is not entirely free from "fads" can hardly be denied." - Otto Boto Schellberg, RN in "American Medicine", Nov. 1922.

"Speak not in the ears of a fool: for he will despise the wisdom of thy words." - Proverbs 23:9

Last Words

"It is not to be expected that medicine is to be stationary; unchangeableness is incompatible with progress. There must be changes if medicine be progressive." - Dr Austin Flint, MD, Professor of Principles and Practice of Medicine, Bellevue Hospital Medical College, and Long Island College Hospital, in "Conservative Medicine as Applied to Hygiene", The American Journal of the Medical Sciences, Vol. 46, 1863.

"It is not just patients who are scared, Doctors are scared too! We are scared of patients finding out truly who we are, and what medicine is all about. And so what do we do? We put on our white coats, and we hide behind them." - Dr Leana Wen, MD in "What your doctor won't disclose", TedMed, 2014.

"For whatsoever a man soweth, that shall he also reap." - Galatians 6:7

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"The physician being, then, a blind man armed with a club, who, as chance directs the weight of his blow, will be certain of annihilating nature, or the disease." - D'Alembert, MD quoted by Dr. Richard Tonson Evanson, MD and Dr. Henry Maunsell, MD in "A Practical Treatise on the Management and Diseases of Children", 1842.

"If we compare the good, which a few true disciples of Aesculapius have done since their art began, with the evil which the immense numbers of Doctors have inflicted upon mankind, we must be satisfied that it would have been infinitely better for mankind if Medical Men had never existed." - Boerhaave

"Never mind the name of heterodoxy in Medicine, what is right is right." - J. R. Findlay.

"We can hardly refuse our assent to the observations of the late Sir Gilbert Blane, that in many cases patients get well in spite of the means employed; and sometimes when the practitioner fancies he has made a great cure, we may fairly assume the patient to have had a happy escape." - Dr Jonathan Pereira, FRS, Father of Pharmacology.

"We cannot let the Cure be worse, than the problem itself, we're not going to let the Cure be worse than the problem". - Donald Trump, President of the USA, in "White House Press Conference", 23 March 2020

Spoiler Alert

Do not Read this if you wish to stay in Fairyland, By pursuing to read this book, you will realize that Medicine, something that misleads or deludes; an illusion, is basically composed of "Pretty gibberish invented to cheat the ignorant," and it is commonly defined by what some in the profession, for many years now have come to realize, that Medical Science is founded upon: "Fudge, Inconsistent observations, unsound principles, irrational and illogical, some point out that it might also include Fairy Dust. Allas Pathos!"

Book Titles Of Interest

Longevity the Untold Story

List of Contents

"How should one live to reach 150 years; Why We Grow Old; Why Animals Live Seven Times Their Growth-Period; How can these dangerous germs get into the body?; Human Life and Longevity; We Are Killed by Bacteria. The Prolongation of Youth; The Monuments of Egypt and What They Teach Us About Health. The Role that the Human Microbiome Plays in the Longevity of the Body; Regulation of life span by the gut microbiota in the short-lived African; Turquoise killifish; Microbial Genetic Composition Tunes Host; Longevity. Thy Youth Is renewed; Function of Life; The Chemical Basis; Good Lungs; The Body Regenerates every Seven Years. Body Regeneration; Life Expectancy; Resurrection Naturally; Cell Regeneration; Scientists Discover Addition of New Brain Cells in Highest Brain Area; Organ Repair and Regeneration; How does the Body Rejuvenate; Regeneration and Longevity. Discoveries; William Harvey Discovery; Telomere Effect: Living Younger, Healthier and Longer; Autophagy: Its role in the Maintenance, Rejuvenation and Repair Mechanism of the Body. Extension of Life-Span; Death is not a universal accompaniment of life; The Immortal Cells; Biological Immortality; The Immortal Cells of Henrietta Lacks; The Body Tissues are Immortal; Alexis Carrel & Cell Immortality; Hayflick's Limit Theory; The Immortality of Turritopsis Nutricula; Immortal Stem Cells; Pluripotent Stem Cells. Observations on Longevity; Remarks on the Examples of Longevity. Diet and Longevity; How to Avoid Growing Old. Long and Healthy Life. Outwitting Old Age The Louis Cornaro Story; We can Live so as to Outwit Old Age; Remarkable Cases of Rejuvenation. Longevity in Antiquity; Millennia; What is the oldest age that is now attained?; Longevity in the Ancient World; Moderate sized and well Proportioned; The Fountain of Youth; The Census of 1851; The Desire of Longevity. Yorkshire Longevity; 125 Year Old's; 127 Year Old's; 130's Year Old's. The Oldest Yorkshireman; Henry Jenkins; Wharfedale Centenarian."

Back Cover

"God created man to be immortal, and made him to be an image of His own eternity." - Wisdom of Solomon 2:23, King James Version

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." - Galatians, 6:7

"Death is not a universal accompaniment of life. In many of the lower organisms death does not occur, so far as we at present know, as a natural and necessary result of life. Death with them is purely the result of an accident, some external cause." - Charles S. Minot in "The Problem of Age, Growth, and Death", 1908

"Such a machine as the human frame, unless accidentally depraved, or injured by some external cause, would seem formed for perpetuity." — Dr. Gregory in "Medical Conspectus"

"If a living organised being be examined at the epoch of its greatest perfection ... a mutuality of cause and effect is perceived which almost promises immortality." — Sir T. C. Morgan

"At some future day there can be little doubt that the value and duration of life will be extended greatly beyond what it is at present—greatly beyond, perhaps, what we at present can imagine" — Dr. Thomson in "Medical Dictionary"

The Unknown Causes of Disease, The Idiopathic Nature of Medicine

List of Contents

"On the Nature of Disease; The Never Ending Difference of Opinions; The interpretation of Clinical Test Results; Scientific Medicine; Disease as

a Crime; Origin of Disease; Understanding the Causes; Major Maladies and Their Treatment; Cause of Physical Disease; Alzheimer's Dementia and the Reversal of Cognitive Decline; Main Drivers of Alzheimer's; Parkinson's; Sinusitis; Cause of Paralysis; Beriberi, Nerve Disorders; Causes of Mental Disease; Psychological Disorders; Constipation; Chronic Constipation from Disease; Atony of the Intestine (Darmatonie) Causes and their Mode of Action; Diseases of the genital organs in young women; Treatment of Constipation; Headaches & Migraines; Head Dizziness; Headache How Caused and Cured; Causes of Skin Disease; Diseases of the Skin and Kidneys; Skin and Psoric Conditions; Jaundice; Arthritis Principles of Treatment; Atherosclerosis Coronary Heart Disease; Treatment of Diabetes; Fevers; Treatment of Rheumatism and Allied Conditions; Curing Diseases of Heart and Arteries; Treatment of Acute Heart Disease; The Treatment of Confirmed Cases of High Blood Pressure; Hypertension and Kidney Disease; Asthma; Ataxia; Epilepsy; Attacks of Convulsions can be Avoided or Lessened; Backache and its Treatment; The Cause of Acquired Gout; Insomnia; Cancer its Causes; Colon Cancer; Vaccination and General Enervation; Behavioural Disorders included Autism; Ingredients, Components found in Vaccines; Postpartum Depression; Mental Troubles and Physical Causes; Dangerous Psychiatry; Sciatica; Causes that Produce Diseases; The Source of all Acute Diseases as it is a Consequence of all Chronical ones; How to supply the Place of Medicines by Diet; Chronic Rheumatism and Rheumatic Gout (Osteo-Arthritis); Premature Senility; Disease of the Kidneys; Causes of Diseases of Chest; Painful Menstruation; Pyorrhoea; Tuberculosis; Rheumatoid Arthritis and Loose Joints; Elcampsia; Cardiac Arrest."

Back Cover

"Aetiology: That Part of Physick which teaches the Causes of Diseases." - George Cheyne, MD, FRS, in "An essay on Health and Long Life", 1724.

"The cure of many diseases remains unknown to the physicians of Hellos (Greece) because they do not study the whole person." - Socrates, 399 BC.

"Doctors put drugs of which they know little into bodies of which they know less for diseases of which they know nothing at all." - Voltaire

"Of Disease we Know Nothing at All". - Dr William Osler, MD

"The Cause of Disease is Unknown" - Medical practice literature, 2018 AD.

"We have assisted in multiplying diseases; we have done more, we have increased their mortality." - Dr. Benjamin Rush, MD

"Ignorance breeds stupidity, it is your responsibility to get educated. Those who don't educate themselves, are condemned to being educated by others." - Rui Gabirro

Spoiler Alert!

It will be seen that it will probably take about 5,000 years, or longer for Medical Practitioners to finally find or "discover", the cause of disease(s). In the mean time if you don't want to wait, you may wish to read this book.

The Purpose of this Book

"The present work is written for the double purpose of correcting error, and imparting truth. Its purpose is not to attack men, nor systems, but simply to state facts by which their pretensions may be judged." - Dr. Frederick Hollick, MD in "Neuropathy or The true principles of the Art of Healing the Sick", 1847.

Moving Forward

Don Miguel de Cervantes Saaverdra, wrote a book called: "The Ingenious Gentleman Don Quixote of La Mancha". Don makes it his mission to revive Chivalry, along with his squire Sancho Panza, whom is known for his many "sanchismos", quotes that

use wit and humour and ironic proverbs. While there are many quotes to chose from, we dedicate this quote to the Medical Trade: "Let the Dogs Bark Sancho, It is a sign that we're moving forward!"

Medicine & Poisonous Pharma

List of Contents

"False Impressions; Act: The First, Scene I; Graffiti 1732; Is Curing Patients a Sustainable Business Model?; The Only Effective Way to Combat Disease is to Cultivate Health; We Were Being Trained to Misinform People; Misrepresenting Research Results; Physical and Natural Therapeutics; The Vis Medicatrix Naturae; Medical Drugs are Poisons; The Danger of Drugs; Void of All Rational; Correctly Prescribed Drugs Take Heavy Toll; How many People Die from Medical Drugs in Hospitals; When Medicine Is Futile; Drug Medicine, Synthetic Pharma; Poisonous Medicine; Shall Physicians Become Sales-Agents for Patent Medicines; Our Medical Liberties; Compulsory Vaccination Act What Foolery in the 19th Century; Medical Legislation in England; Medical Act 1858; American Medical Association Inc; J.D. Rockefeller's Involvement; The Three Medical Schools in The United States; The Medical School and AMA; Medicinal Administrations, Chief Cause of Difference; The Progressive and Tolerant School; Teaching and the Teacher; The Grounds of Non-Confidence in Drug Medication; Medicaments in Daily Use; Polypharmacy; Pharma; Dr. William Osler on Pharma; Medical Science; On the Influence of the Medical Profession on the Manners; The Drug Delusion; Drugging Proved Unscientific; The Case of Dr Issac Jennings, MD; The Papua New Guinea Tribe; Every Year People Die from Medical Drugs; Effects on the Lymphatic System; Medical Drugs, The Great Contributors to Gastrointestinal Problems; An Analytical Inquiry; Chemical Medication is a Great Mistake; Today's Reality; The Vioxx Case How Americans Died and Nobody Noticed; Nifedipine; Paracetamol No Good for Back Pain; Opiods; On the Injurious Effects of Mineral Poisons In The Practice of Medicine; An Epitome of the System of Luigi Cornaro; The Only Mineral Substances We would employ in Medicine Are those which form part of the Body in its Healthy Condition; A Candid Appeal to an Intelligent Community; More Medication Means More Morbidity And More Death; Drugs,

Toxins & Kidneys; The Commercial Soul of The Medical Trade; Dr Andrew Taylor Still, MD, DO on Medicine Drugs; Medicine A Failure; From the Womb to the Tomb; Absolutely Injurious In Their Effects; The Downside of Drugs; Antibiotics a Medical Leitmotif; The Cure Is Worse than the Disease; Antibiotics As a Rule, Wreak Havoc with the Intestinal Ecology; Proper Intestinal Flora Balance; Erroneous Notions On Drugs; The True Role of Drugs in the Management of Tuberculosis; Secondary Role of Drugs; The Common Treatment; Quackery; Medicine; A Quack; On Medical Quackery; It is the Most Consummate Quackery to Prescribe Medicine to Cure a Disease, While the Cause that Produced It is Not Abandoned; The Prescribing of Medicine to Cure a Disease; Astroturf; Diagnosis a Medical Delusion; The Difference Between Precision and Interpretation in Lab Test Results; Debunking Drugs; The Ideal Remedy One that Neither Kills nor Cures; The Long Term Effect of Prescription Drugs; Drug Proving; Blood-Purifying Medicines Are Undoubtedly Very Beneficial To Their Makers, But Their Utility In Purifying the Blood Is Imaginary; On the Remedial Agents of the Schools; Therapeutic Progress; Organized Medicine; Acute Intestinal Intoxication in Infants; Drugs to Relieve Pain are Never Necessary; People are never sick who have no bad habits; The Toxicology of Sulphocyanates; Contraceptive Pills; Proton Pump Inhibitors; Drug Dealers; Iatrongenic Diseases; The American Death Ceremony; The Pharma Addiction Society; The Inefficiency of Drugs; Drugs Don't Work; What Is Diabetes; Psychiatric Drugs; Polypharmacy; Psychiatric Profession; 6,3 million Americans are taking Anti-Depressants right now; If I take Prozac tonight what's gonna happen to me?; 7 million in England taking Depressants; A Person can Slip Into a Coma and Die; Treatment of Mental Health by Hydropathy; The Case of Eleanor Riese; Mercury Used by the Medical Trade Is Extremely Toxic, Poison to the Human Blood, Causes Damage to Brain, Kidneys and Lungs; Calomel (Mercury Chloride); The Effects of Mercury; Dr James Morison, MD; How Mercury first became to be employed as a Medicine; How Mercury First Came to be Employed in the Cure; Of its being superseded by Guaiacum; Of Sarsaparilla; Of the Green Rind of Walnuts; Of the Cure by Simple Means; Beech Tree; Mercury; The Drug Story; What Nujol Started; Advancement in Medicine from the Drug Standpoint; Aspirin; Harmful Medication; A Very Commonly Used Drug; The Deadly Harm of Aspirin; The Action of Aspirin; Aspirin "Salicylic Acid" or Common Aspirin; Barbital or Barbitone (Diethylbarbituric Acid) Veronal; Barbital (Veronal) Poisoning; Veronal Poisoning; A Case of Veronal Poisoning; Cocaine The History of

the Drug; Artificial Cocaine; Accidents Following The Use of Cocaine; The Effects of Cocaine on the Central Nervous System; The Value of Cocaine in Obstetrics; Cocaine Toxaemia; Restorative Wine of Coca; Mechanism of Death in Cocaine Intoxication; Cocaine No Longer Necessary; Mercurial and all Mineral Preparations; Laudanum and Anodynes; Mercury Bichloride; Bichloride of Mercury Poisoning By Vaginal Application; The Treatment of Acute Mercuric Chloride Poisoning; Polio Vaccine; Smallpox Vaccine; The Uses and Abuses of Patent Medicines; Dr George Somerville, MD; Dr. William Osler on Pharma; Pharmaceutical; Shattering Cancer with Resonant Frequencies; The Cancer Cure That Worked; Statins; Cholesterol, The Great Bluff; The Excretory Function of Bile, The Elimination of Drugs and Toxic Substances in Bile; Adverse Reactions to Medical Trade Drugs; Vioxx; Association of Proton Pump Inhibitors With Risk of Dementia; Complex Prescriptions; The Nefast Effects of Synthetic Made Drugs on the Bowel lining; The various forms of Skin-Irritation Due to the Administration Of Drugs; On Leaving Off the Ointment, The Child Very Speedily Recovered; The Natural Healing Power of the Body; Healing by Primary Intention First Degree Healing; The Healing Power of Nature; Natural History of Diseases; Place More Confidence in the Curative Powers of Nature; Learn from Headaches; A Plea for Greater Simplicity in Therapeutics; The Curability of Consumption Demonstrated; The Open Air Treatment of Syphilis; The Effects of Sunlight on Health; Cures Found in Sunshine; My Cure for Colds; The Use of Turpentine in the Treatment of Diphtheria; Water; Sea-Water The Quinton Polyclinic in London; Treatment of Gonorrhoea By Means of Sea Water Injections (Enemas); Treatment by Sea Water; The Curative Value of Sea-Water; On Collecting Sea Water; The Salubrity of Warm Bathing; Observations on Cold Baths; Water Versus Ardent Spirits; Snow for a Fever; Elixir of Life; Hydropathy; On the External Use of Cold Water in the Cure of Fever; Of the Internal Use of Cold Water in Fever; On the External Use of Cold Water in the Small-Pox; On the Incurability of Diseases, A Perpetual Myth Promoted by the Medical Trade; Cleanliness is said to be next to Godliness; The Effect of Water on Health; Life and Water are Inseparable; Dr Currie Reports on the Use of Water; Cold water applied internally in fevers; New Cases of Disease; In the Case of Epilepsy; Cold and Warm Bathing; Simples and Tisanes; Letter of Sir Anthony Carlisle Surgeon Extraordinary to His Late Britannic Majesty; Constipation; Minerals; Medicinal Plants in Aids; Vegetable Materials Are More Congenial to the Human System than Minerals; An Efficient Cough

Mixture; Halothane Hepatitis; Local Use of Oil of Wintergreen; Castor Oil; Remedies from Nature Which cannot be equalled by Medical Pharma; Morphine; Digitalis; Cannabis Sativa; Cannabis Indica in Diseases of the Stomach; Coca Leaves The History of the Medicinal Plant; Extractum Cannabis U.S. Secondary; Four Cases of Rheumatic Fever Treated with Mint-Water Only; Cases of Rheumatic Fever Treated for the Most Part by Mint Water; A Severe Case of Rheumatic Fever; Pericarditis; Endocarditis; Severe Case of Rheumatic Fever; Myocarditis; Case of Rheumatic Fever; Pericarditis; Albuminous Urine; Rheumatic Fever, second attack; Systolic Bruit on admission; Rheumatic Fever; Pericarditis with Effusion; Rheumatic Fever with Aortic Regurgitation; Rheumatic Fever; Prolonged first sound; Irregular Rhythm of the Heart; Well-marked Case of Rheumatic Fever; Endocarditis; A well-marked Case of Rheumatic Fever; Rheumatic Fever, fourth attack; Pleurisy; Rheumatic Fever; Albuminous Urine; Rheumatic Fever; Double Pleurisi; Endocarditis; Rheumatic Fever, third attack; Rheumatic Fever, second attack; Heart complication; Rheumatic Fever; Pericarditis; Rheumatic Fever, symptoms well marked; A Severe Case of Rheumatic Fever; Endocarditis; Well-marked Case of Rheumatic Fever, third attack; Cases of Acute Rheumatism Treated by Lemon-Juice; Select Clinical Reports (Memoir V.); Cases of Acute Rheumatism Treated by Mint Water A Second Report; Severe Rheumatic Fever; Pericarditis and Pleurisy; Severe Rheumatic Fever; Heart Complication; Rheumatic Fever; Symptoms Acute; Rheumatic Fever; Symptoms Acute; Heart Complication; Some Gave up all Medicinal Treatment; Medicinal Potency of Lemons; Remarks on the Natural History of Rheumatic Fever; The Internal use of Menthol in the Treatment of Headaches Neuralgias and Other Painful Affections; The Internal use of Saffrol in the Treatment of Headaches, Neuralgias and Other Painful Affections; Celiac Cured by Strawberries; The Cure of Disease by the Creation and Control of an Improved State of Well Being; Health and Sickness; Signs of Sickness; Flavonoids; Types of Biological and Chemical Activity Reported for Flavonoids; Note on Vitamin P; Health Effects of Flavonoids; The Never Ending Number of New Flavonoids; Where do Health Benefits of Flavonoids Come From; The Case of Elvis Presley What took his life at 42; Toxic Effects of Tranquillisers; Medicine Means: Any Poison for Therapeutic Use; Difference Between Remedies and Medicines; Metformin; Enalapril; Drug Side Effects are Important Causes of Constipation in Elderly Patients; How Medicine Poisoned My Mother to Death; Prophetic Words; List of Medical Trade Drugs, and Their Side

Effects; The Primary and Secondary Effects of Drugs; Symptoms of Poisoning and Classification of Poisons; The case of Ingrid Betancourt mother; Admission to Hospital; Medical Trade Drugs Given at the Private Clinic; Medications that Sicken; The Terrible Delusion; Drug-Superstition; Disregard for Human Life; Medical Science"

Colon Hydropathy The Clinical Evidence & The Health Conditions That Helps To Resolve

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"The physician being, then, a blind man armed with a club, who, as chance directs the weight of his blow, will be certain of annihilating nature or the disease." - D'Alembert quoted by Dr. Richard Tonson Evanson, MD and Dr. Henry Maunsell, MD in “A Practical Treatise on the Management and Diseases of Children”, 1842

"If we compare the good, which a few true disciples of Aesculapius have done since their art began, with the evil which the immense numbers of Doctors have inflicted upon mankind, we must be satisfied that it would have been infinitely better for mankind if Medical Men had never existed." - Boerhaave

"Never mind the name of heterodoxy in Medicine, what is right is right.'' - J. R. Findlay

"We can hardly refuse our assent to the observations of the late Sir Gilbert Blane, that in many cases patients get well in spite of the means employed; and sometimes when the practitioner fancies he has made a great cure, we may fairly assume the patient to have had a happy escape." - Dr Jonathan Pereira, FRS (1804-1853) Father of Pharmacology.

Spoiler Alert!

Do not Read this if you wish to stay in Fairyland. By pursuing to read this book, you will realize that Allopathic Medicine, something that misleads or deludes; an illusion, is basically composed of “Pretty gibberish invented to cheat the ignorant,” and it is commonly defined by what some in the profession, for many years now have come to realize, that Allopathic Medicine Science is founded upon: “Fudge”, “Inconsistent observations”, and others point out that it might also include “Fairy Dust.”

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